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FIRST EDITION.

HINTS TO
GYMNASTS
BEING SOUND ADVICE AND
HINTS TO LEADERS AND TEACHERS
IN
Gymnasia and Schools.

COMPILED AND ARRANGED BY
F. GRAF, *of the Orion Gymnastic Club.*
WITH THE KIND ASSISTANCE OF MESSRS.
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AND
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INTRODUCTION.



IN compiling this book our object has been to bring within the reach of those Teachers of Physical Education, Amateur or Professional, who have not had an opportunity of going through a proper Course of Instruction in Gymnastics, a means of acquiring the necessary knowledge to enable them to fulfil their duties in a creditable manner. Notwithstanding the many laudable efforts made by several Institutions, notably the Orion and German Gymnastic Clubs, the British College of Physical Education, the Amateur Gymnastic and Fencing Association, and recently the Gymnastic Teachers' Institute, to spread a more scientific knowledge of Gymnastics among Leaders and Instructors, our experience, extending over 20 years, has taught us that the great majority of Provincial Teachers have still much to learn as to the benefits to be derived from a system of teaching based on scientific principles. There are, of course, notable exceptions, but these only tend to prove more conclusively the truth of our assertion.

It is, of course, impossible for us in these few pages to entirely cover the whole field of gymnastics, but it is hoped that our readers may find therein the groundwork whereby they may be enabled to teach a more modernised system than that which now generally obtains.

Much of the matter that appears in this book has been published in the columns of "THE 'GYMNAST' AND ATHLETIC REVIEW," but knowing from personal experience how desirable it is to have Articles and Exercises such as these in handy book form, we have, at the repeated request of many of our readers, decided to so publish them, and we trust that it may be the means of popularising a better Gymnastic knowledge among a class of Gymnasts who have no other means of making themselves acquainted with the art of teaching others.

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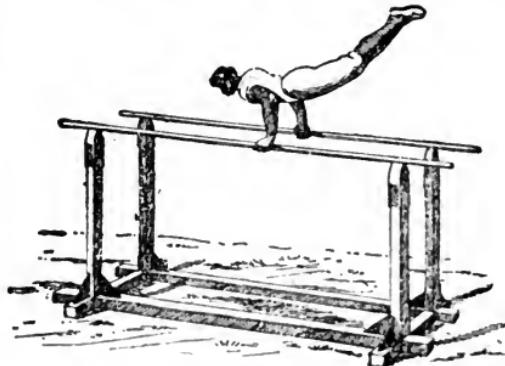
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PART I.

IDEALS.

To an onlooker the work of leading a squad in a gymnasium is apparently a very small contract. To the executive of a club, possibly nothing gives greater anxiety than securing proper men for this position. In no department of practical life is it so absolutely necessary for success that love of the work in hand shall be the actuating motive, as it is in the science of instruction. Probably no occupation requires such a combination of powers as will be found to be possessed by the successful instructor in any given art. Next to a thorough knowledge of the work, perhaps the most valuable qualification is the power to raise in the minds of the pupils that same feeling of enthusiasm as should possess the mind of the tutor himself, which, in turn, can only be thoroughly used by being accompanied by a patience which at times will "pass all understanding." To expect such perfection among the very young men who constitute the leaders in most gymnasias is likely to lead to disappointment; but to aim at securing it must be the object of the directing authority of every gymnasium. No club of any size can depend on the efforts of the instructor alone, and an efficient number of leaders is really quite as necessary as the possession of a good instructor. Generally both will be found going together, the two being quite interdependent. At one time a club was tested by its possession of crack gymnasts. Now the question more frequently asked is what kind of men are the squad leaders? In other words, with us gymnastics have now passed from the mere amusement stage, and are now being recognised for the potent and necessary educational force they really are. How much this recognition adds to the difficulty—and at the same time to the dignity—of the position of leader in a gymnasium, be it large or small, it is here unnecessary to consider, but such undoubtedly is the case. Knowing this, it now becomes the duty of all club leaders in their turn to recognise the responsibility of their position; to realise that while as leaders they lose no privilege their club offers, still that on their efforts will depend the success of their club, and that in no small measure they can influence for the better the lives of many entrusted to their charge. At the beginning of each winter season leaders are fresh to their work, and with the incoming of new members, require little or no incentive to discharge their duties regularly and energetically. It is later in the season that the drag comes. Then the members, having

worn off the novelty of the position, get lax in attention and irregular in attendance. Now is the time when a good leader can prove his right to his position, and to do this there is no better means, there is no stronger claim on his squad than previous regularity on his part to his own duties. Nothing plays such havoc in a club as does the continually changing of leaders through the absence of some of them. Nothing keeps a club together so much as regularity in the attendance of the leaders. A third rate leader, who is always found at the head of his squad, will accomplish more lasting work in a single season, and will leave a better reputation behind him when he retires, than will the man who otherwise is at all points his superior, but who is not to be found leading his squad except when it suits his own convenience, or, in other words, his own vanity.

THE TRAINING AND DUTIES OF LEADERS.

THE national importance which is now attached to Gymnastic Societies renders the position of the squad leaders in these clubs one of vastly more difficulty and importance than was the case a few years back. But while the duties of their posts have been rendered so much more onerous, the sources of instruction open to those willing to act in this capacity have unfortunately not increased to the same extent. In fact, it is not exceeding the limits of truth to say that leaders have almost entirely to pick up the knowledge of their duties haphazard, aided perhaps by a little cursory tuition from the professional instructor of their club, who but too often is only a few degrees higher in the scale of knowledge than themselves.

In the present series of articles it is the intention to give as shortly as possible a few general directions on the selection, preparation, and duties of leaders.

The authority by which leaders are appointed will be found to vary in all clubs. In one it is the duty of the instructor, in another the captain appoints them, or again it may be that the club committee exercises this control. But in whosever hands this authority rests, it is a duty which must be ever kept in mind. By continually being on the alert to note promising men, especially among the younger members, advantage can be taken of any special ability directly it is manifested, and by carefully fostering and encouraging it, it can be thoroughly and permanently developed to its fullest extent. By this means the tuition is made less laborious to all, and what is of more importance, a young member has a definite aim provided for his efforts. The faculty of imparting knowledge to others is a natural gift of a most rare order. For-

tunately, by a methodic course of instruction, it is possible to train men for this task to a very satisfactory degree of perfection. A great point to be remembered is that the best gymnasts are not of necessity the most suited for leaders. Frequently the reverse is the case. Select rather careful, patient, unselfish men, and above all regular attendants. Where possible, men of about middle weight should be taken in preference to men of less power. But let merit, and merit only, guide the selection, and never choose a man unless he be anxious for the position.

Having chosen such men as seem to offer most promise, let them be formed into a class or squad for more detailed and systematic instruction. This instruction can best be imparted *viva voce* in the form of short lectures, illustrated by practical demonstrations of the respective exercises and movements on each apparatus. Let each pupil repeat in turn the exercises shown by the lecturer, until he masters the principle in point, both theoretically and practically. The first lecture must consist of a review of gymnastic terms in gymnastic nomenclature (*vide* *Gymnastic Nomenclature*, "Gymnast," February to August, 1891), during which it must be explained how the fundamental terms and positions are common to all classes of work, whether mass, extension, or on the apparatus. Thus "forward-straddle" and "side-straddle" in extension exercise, will be at once recognized in the side-straddle seat and the front straddle seat respectively on the horse or parallel bars, while a lunge sideways is found in the guise of the wolf vault, &c., &c. Let the lecturer follow Ravenstein's advice, and centre his efforts on imparting information of an essential character, and not waste his time on inessential details. Thus it is essential that a leader should know the whole theory and practice of circling the horizontal bar, but he may be a perfect leader and yet be quite unable to do long swings. Too much care cannot be given in impressing the necessity for smartness in approaching and leaving the apparatus, so that a good carriage and bearing may be permanently attained, both points to which many leaders are utterly indifferent.

An excellent plan is to ask the squad during instruction what were the faults of the one who last left the apparatus. If each apparatus be made the subject of a separate lecture on a different evening, the minds of the pupils have time to digest the knowledge imparted at each, and if a short recapitulation by way of test be made each night of the work of the previous one, much more lasting results are obtained. Taking notes by the squad is to be encouraged so that doubtful or difficult points can be made the subsequent study and practice. Questions by the squad should also be invited. Having done with the nomenclature, a special point is made of showing how

movements run in groups, and how from a fundamental exercise, a series of complicated movements can be elaborated by simple turns of the body, changes of grasp, &c., &c. The elementary instruction in apparatus work consists in teaching how to approach an apparatus, how to get on it, and how to dismount from it. Let the squad be at once taught to mentally codify exercises and the connections between different groups.

Throughout the tuition on apparatus work particular attention must be given to the necessity of assisting weakly men, and to catch a man should he fall. In the latter case, a leader should be taught to aim rather at breaking the effects of a fall, than to entirely catching the man. By grasping one arm and placing the other hand under the body or neck of the falling man he can generally be twisted on to his feet. The grasps learnt in wrestling will prove invaluable for this purpose.

Having exhausted the apparatus—and none available in the Gymnasium should be allowed to pass without a few words—let attention be given to Indian clubs, and, if possible, boxing and wrestling. All aspirants to the position of leader should realise that they must be all-round men; that the more varied the acquirements of a leader, the greater is his influence in his squad, and the easier and more interesting do his duties become.

A knowledge of mass exercises will have been gained during the previous career of the pupil, but its application will require special practice, and, while a good leader must be capable of leading a mass movement of any description, tuition in this branch can form the subject of separate and special instruction later. Still, let the minds of young leaders be at once accustomed to the idea that they will have to discharge this duty in the future. To the giving of orders a special lecture will be found necessary. Explain that an order consists of two parts, the explanation, preceded or followed by the caution, and the command, between which a pause is to be made. The explanation is to be made in a tone of voice some degrees lower in pitch than the actual command, which should follow in a sharp, clear tone, the head being held erect during its delivery. Discipline so much depends on the way orders are given that would-be leaders should be carefully drilled in this branch of their duties, so that each may learn the best pitch for his own voice, and overcome the nervousness which always assails a man when he first attempts the giving of orders in public. Having completed a general course of instruction as here laid down, the next step is to test the mens capabilities to impart their knowledge to others. This can best be done by causing each in turn to lead a squad of tolerably advanced men, having an old leader amongst their number, or even an entire squad of leaders. A trial or two of this nature will very

soon settle whether a man has in him the making of a leader or not. It is also a very necessary precaution, when it is borne in mind how much the welfare of others depend on his fitness or the reverse. Finally, it must be insisted upon that leaders during their course of instruction shall study carefully the following books :—“Code Book of Gymnastic Exercises,” by Puritz ; “Gymnastics,” by A. F. Jenkin. In addition may be recommended : “How to get Strong, and how to Stay So,” by Blaikie ; and “The ‘Gymnast’ and Athletic Review.”

A knowledge of German will open up a limitless field of literary information on all classes of work, and if to the foregoing be added the study of elementary physiology, for which “Huxley’s Text Book” may be taken, backed up by a course of lectures of the St. John’s Ambulance Association, a man may claim to be well qualified for the position of leader in no matter how large a gymnasium.

By the time a leader is permanently entrusted with the charge of a squad, he will have had sufficient practice and experience to have overcome his first feelings of nervousness, and if not, he may always be assured that his squad is quite prepared to overlook any failings in that direction directly it is found his heart is in his work and he means business.

On his last attendance at the gymnasium he should have learnt on which apparatus he has to lead at the next practice, and, in the interval, have carefully prepared a group of exercises suited to the powers of his squad and sufficient to last the time appointed for practice. For a squad of beginners these groups will have to consist of elementary single movements. Great care must be observed in avoiding exercises which require much strength, especially those throwing any strain on the chest ; the bent arm cross-rest on the parallels must especially be avoided, and weakly men or weedy youngsters be cautioned against practising it until they become stronger. For more advanced squads the groups should be cumulative exercises, that is exercises composed of several fundamental movements joined to each other, the first movement having an additional one added to it each time the turn has gone round the squad. Thus, on the horse, a start may be made with a feint R and flank vault L to the back rest as the first exercise, while for the second may be added a $\frac{1}{2}$ -circle right with both legs and rear vault over the neck to the ground, and so on.

The final exercise of the group should of course be the best and longest, and if a leader finds time running short, he should miss an intermediate movement and set the last of his group, so that his squad may always leave off with a good combination before them, which he, the leader, should ask that they perfect themselves in, during free practice. Such a group

should be so composed that its first few movements shall be well within the reach of the most weakly or unskilful in the squad, and by gradation reach, and finally somewhat exceed, the limits of the highest skill in the squad. For materials for such a group Puritz's "Code Book," and "The 'Gymnast' and Athletic Review," should always be at hand. The movements as arranged there can easily be joined to each other, and by varying them the interest can always be sustained. A record of each night's work should be kept, both to avoid repetition and also that a group may be thoroughly worked out, or a leader know what are the weak points of his squad. This knowledge will often point to what should be the work for the next night. Thus, if a leader finds his squad weak in squatting movements on the horizontal, or in travelling swings on the parallels, he should prepare exercises based on these two movements, for use when his squad next comes to those pieces of apparatus.

On reaching his appointed apparatus his first duty is to see that it is in a safe condition for practice, and its height is suitable both to the group of exercises he purposes setting, and also for the average height of the men in the squad. The mats or mattresses must then be properly arranged. Where mats are placed side by side, if possible so place them as to avoid the junction of the two being either where the men start, or where they alight. The stays to a horizontal bar, and the pins holding the bar in the uprights should always be looked to. When leaving an apparatus, especially if of a portable nature, such as clubs or dumb-bells, everything should always be left tidy and in its place ready for the next squad. In arranging a squad the two or three best men should be placed first, the least skilful in the middle, and two or three of medium ability last. By this means the connection of the next exercise is not lost sight of, as it probably would be if executed by the most clumsy or least skilful in the squad. Strict discipline must also be maintained, and men not be permitted to ridicule the efforts of the unskilful. In these matters much depends on the tact of the leader and the friendly feeling which should exist between him and his squad. It is best to arrange a squad in a single line, each stepping up to the apparatus when his turn comes, and returning to his position immediately on finishing the exercise. Immediately on one man commencing an exercise, the next should step out and take up a position just clear of the apparatus, and so be ready to commence as soon as the previous man has finished. Attention to these details enables much more work to be got through than if a squad is allowed to straggle about, and in the majority of cases men will be found to prefer discipline to disorder.

Previous to setting an exercise it should always be

explained verbally, so that the men may be familiarised with gymnastic nomenclature. This is especially to be practised with squads of beginners, and to be further impressed by an occasional request to a member of the squad for the description of some movement. In setting the exercise, while doing it as perfectly as he possibly can, a leader must always avoid any suspicion of showing off, but, at the same time, there should be the appearance of a reserve of power on his part, as this will increase the confidence of the squad in his abilities. A leader should bear in mind that a squad feels a certain pride in his abilities, both as instructor and gymnast. The exercise having been explained and set by the leader, the first man in the squad performs it, the leader carefully following each movement; where possible correcting faults of style and form as the exercise proceeds, and always ready to assist or support the man if necessary. The more serious faults in execution should be pointed out in the hearing of the whole squad, the correction of the fault being shown by actual demonstration by the leader if necessary, so that it may not be requisite to point out the same fault over and over again.

Careless inattention to such instruction warrants a leader in rebuking those in fault, but he must be convinced before so doing that failure arises from inattention and not from honest inability. Should a leader find all his squad incapable of performing the exercise he sets, he should recognise his fault and proceed with a less difficult group. As each man approaches the apparatus, his attention must be drawn to any faults or mannerisms in his carriage, whether of the arms, body, or feet. On reaching the apparatus he must be taught to place his hands on firmly and correctly, and care be observed that the exercise is executed EXACTLY as set, without needless touches with the body or hands. The time or cadence of the movements must be uniform throughout, and pauses be at once objected to by the leader. In alighting, special instructions should be given so that it be done correctly—that is, by alighting on the toes, sinking to the squatting stand, and then rising to the “attention”—and also smartly, the return to the position in the squad being likewise made in an equally careful manner.

By attention to the details enumerated above, much work and time are saved to the instructor each evening, who otherwise is called upon to correct many little faults of bearing and smartness, which it should be the duty of the squad leader to eradicate from the men individually as they present themselves.

It is in the correction of these small faults that the real and permanent benefit to be derived from gymnasium work largely consists. If to their mere correction the reason for the change be explained, the natural disinclination of human nature to be

interfered with is generally overcome, and the confidence of the men in their leader's knowledge is largely increased.

The cultivation of a feeling of *esprit de corps* in a squad, by getting its members to take a pride in their combined efficiency and smartness, will be found of immense value, and, what is more, it is very easily attained if a leader be interested in his work. But the fundamental rule for success in this direction consists in regularity in attention to his own duties.

The greatest care must always be observed by a leader in looking after the men to avoid falls, and to impart confidence. If a fall is unavoidable, he must aim at lessening its effect ; if a man is falling on his head, the leader, at all cost, must prevent the direct fall, by gripping the man wherever he can and endeavouring to twist him so that he alights on the shoulders, chest, hands and knees, seat, &c. A sharp jerk by one arm, by the waist, or under the neck, will always break the worst part of the shock.

It must be accepted as an axiom that a leader's duties do not consist in merely leading his squad, however efficiently. "Once a leader always a leader" must be the motto. During free practice the interest of men must be maintained by the leaders courteously mixing with them and seeing that they keep at work of some sort or another. Youngsters and new members must be prevented from loafing about for want of knowing what to do, or through over-shyness. The more advanced must be assisted where found trying either new movements or perfecting themselves in those exercises set in their respective squads. The weakly are to be at all times watched, and kept from either over-work or unsuitable work. A leader must never wait to be told by his superior officers to do anything that is there to be done ; the first on the spot is the man who must do the work, whatever may be its nature. In his squad, too, his duties are not completed with the instructions there given. He must furnish the men with information as to the most suitable form of home work for each individual. He must "spot" the weak chest and insist on proper breathing through the nostrils, and that each breath be carefully taken to the full capacity of the lungs, pointing out that the strengthening must commence from the inside of the frame and not by the mere addition of muscle externally. Any special defect in men already fairly strong must be pointed out, and the requisite special work for its removal be suggested. The round-shouldered are to be smartened up, the awkward in gait corrected, the drooping head placed at its correct angle, and the hundred and one little shortcomings noticeable in the average crowd of physically uneducated people must be generally attended to. The knowledge how to do all this is to be got from Mr. Blaikie's "How to get Strong and How to Stay

so." And, having pointed out these defects and their cure, a leader must watch his men and see that they follow out his instructions. Let him bear in mind his duty is to turn out men—not only better and stronger than when they first came under his care, but also with the knowledge of how they gained their own improvement, coupled to the desire to assist others in similarly improving themselves. The production of good gymnasts creditable to him as a leader and able to uphold the honour of their club will be found to follow naturally.

Both by example—I should say especially by example—and precept, a leader must insist upon his men regularly attending mass exercise. No man is so good that he can afford to miss it, while to the weakly there is no safer work, or work so certain in its quite unavoidably beneficial results. At all expense, stamp out the idea that a man is too good for mass, or that mass is "slow." Make it a canon of BAD FORM to be absent from mass.

The interests of the leaders themselves must also receive due regard. By the regular holding of a leaders' squad, they must be shown new movements or combinations, and be in turn corrected or instructed. This is attained—either by the instructor leading this squad, or else by the most experienced leaders acting in this capacity in turn, each taking a separate apparatus, and working out a good group of exercises on it. The work in itself, and as executed by each leader, should be criticised and discussed by all, and special knowledge of any particular movement then imparted. Leaders should also occasionally be relieved from their own squad, and be permitted to watch the other squads at practice, so that they may have impressed upon them the necessity of such points of detail as they have hitherto failed to attend to when themselves leading.

Outside the gymnasium, a leader must also remember that the credit of his position, and his club's good name, depend on his personal behaviour, and that the discipline gained in the club must be made to regulate his private life quite as much as his official existence. A man may be efficient, he may be popular; but his safest foundation is always the respect of his squad.

A. BARNARD,

Captain of the Orion Gymnastic Club.

GENERAL RULES AS TO THE CORRECT MODE OF CONDUCTING GYMNASTIC CLASSES IN SCHOOLS OR GYMNASIA.

Teachers should always bear in mind that the object of gymnastics *in schools* is not to turn out gymnasts still less acrobats, but to render or maintain the bodies of the pupils sound, strong, and agile, and to teach them through bodily exercise precision of action, courage, and perseverance. Physical training in schools should furthermore not be looked upon as a cure for physical defects or deformities, as it must be presumed that the pupils attending school are possessed of normal health, if not, such special cases should be exempted after examination by a doctor from attending the gymnastic class, and be made the subject of special treatment and training. The body should therefore be trained harmoniously, and by a method which interests and attracts the pupils' attention as much as possible. The same remarks practically apply to *gymnastic clubs*, where care should be taken that the members do not devote all their attention to one piece of apparatus, or one set of exercises only, but that they practise every available kind of exercise in order to fully develope their body.

It is evident that in order to attain a maximum amount of satisfactory results in the shortest possible time the teacher should have A DEFINITELY ORGANISED PLAN OF ACTION before him at the commencement of the term or season. He must, therefore, arrange his work according to a rational method of instruction based on laws which are partly of a pedagogic, partly aesthetic, and partly rhythmic nature, so that all his pupils, from the beginner to the most advanced pupil, should benefit by his teaching. It consequently stands to reason that HE MUST GRADE HIS WORK so as to suit the abilities of his class by selecting easy and elementary work for the lower classes and more advanced and combined exercises for the higher classes. In working out combined exercises (*i.e.*, exercises consisting of more than one or two movements or parts) the leader should be careful to group such movements together which bear some logical relation to each other, and form a pleasing flowing

movement. He should not show a heterogenous mixture of all sorts of movements, which not only look cramped but are generally far more difficult to learn than a well-arranged harmonious group of exercises which would impress itself much more easily upon the minds of the pupils. In working out a group of exercises A CERTAIN WELL-MARKED "THEME" SHOULD RUN THROUGH THE WHOLE, the same as we find in a piece of music, each additional group of movements added on to the first one, still bearing the well-defined character of that group. For instance, after having practised with the squad—taking distance, marking time, rising on tiptoe, thrusting with the arms—the work can be varied and connected thus:—Raising the arms while taking distance, thrusting forward or sideways together with marking time, thrusting above the head with rising on tip-toe, &c. (See also the specimen groups of exercises on the Horizontal and Parallel Bars, Horse, Rings and Ladder, Buck, Marching, Wand, Dumb-bell and Extension Exercises published on pages 52 to 152, which are but a few specimens of the many hundred similar groups published in Vols. I. to VI. of "The 'Gymnast' and Athletic Review."

Of course it is impossible, and sometimes undesirable, always to adhere hard and fast to this rule, and it can frequently not be carried through in one lesson any more than a teacher in other branches of the school can train all the faculties of the mind in one lesson or even week, but as a general principle this law should be borne in mind so that at the end of the year a general and harmonious progress in the building up of the body may be the result. A judicious interchange of Marching and Extension or Wand and Dumb-bell exercises, with exercises on the different apparatus will attain this end after a number of lessons have been gone through. In order to carry this plan out successfully, the teacher must draw up a table of exercises or events to be practised on each day of the week, or during each lesson as the case may be. It is advisable always to divide the work of a lesson fairly equally between Extension and Marching exercises, Exercises in the Rest and the Hang and Jumping or Vaulting. Always commence your lesson with Marching or Extension or Wand exercises, and then proceed to the harder work on the apparatus.

THE EXERCISES TO BE PERFORMED MUST BE MADE CLEAR TO THE CLASS by the teacher, not only by explaining each movement to them, but by showing them how to do them IN PERFECT STYLE.

THE EXERCISES SET SHOULD BE WITHIN THE POWERS OF THE PUPILS, neither so difficult as to frighten or be injurious to the pupil, nor so easy as to appear trifling and childish to the pupils; and further THE TIME OCCUPIED FOR ONE EXERCISE OR APPARATUS SHOULD BE LIMITED.

Generally speaking, THE TIME OCCUPIED BY A GYMNASTIC LESSON should not exceed one hour in a school or two hours in a gymnasium for grown-up persons; children under seven should not have more than a half-hour's practice.

Gymnastics or physical drill SHOULD NOT BE PERFORMED UNTIL AT LEAST ONE HOUR AFTER MEALS, in order not to interfere with the digestion.

THE EXERCISES SHOULD NOT BE REPEATED SO OFTEN, as to become monotonous to the class, but only sufficiently for the pupils to grasp and remember them well, and to be able to perform the movements set, smartly and correctly. In school's where gymnastic instruction is compulsory A TABLE OF EXERCISES SHOULD BE ARRANGED in advance for the whole term or year, the gymnastic work to be gone through being arranged with a definite aim in view, and graded into various degrees of difficulty according to the different standards for which it is intended. In gymnastic clubs where the attendance of the members of the different squads is irregular, and where men of different degrees of ability work together, it is not so easy always to pursue this same plan of graded work, but in this case the work set should be within the average abilities of the men in the squad, *i.e.*, the leader should set such exercises which, with a fair amount of exertion, the pupils under him can get through, without taxing their strength or memory to the uttermost, unless they be very advanced gymnasts. It will greatly facilitate the learning of such groups of exercises if only one or two groups or parts of groups be practised at a time, and then another part be added at the next lesson. Too lengthy or complicated movements which are apt to overtax the mind should be avoided as much as possible. If the leader sees that his class has not quite mastered in one lesson the movements set them he should repeat the whole or part thereof either as a repetition or in a modified form at the following lesson, before proceeding to fresh movements. Some leaders go to extremes, and err in this respect by being too anxious to give something quite new and different at every practice. The leader should impress upon his pupils that they should POLISH UP "WEAK SPOTS" DURING FREE PRACTICE.

The same exercises should ALWAYS BE DESCRIBED BY THE SAME NAME SO as to avoid confusion.

With beginners as well as boys and girls special care must be taken to see that the DIMENSIONS AND HEIGHT OF THE APPARATUS are suited to the strength and height of the pupils, *i.e.*, in practising on the Horizontal, Parallels, Bridge Ladder, Buck, or Horse, the apparatus must not be placed at such a height that the pupil can hardly get into the hang or rest, as the case may be, without a deal of exertion, but they should

be within easy reach of the class. Parallels should be raised to the height of the chest or shoulders and NOT BE TOO WIDE for boys and girls (about 12-14 inches wide); the Horizontal Ladder and Rope should not be too thick. On the Horizontal Bar care must be taken that the pupils do not swing too high until they have acquired a firm grasp, nor should they be allowed to practise too near the ends on the Parallels; pump swings or dips should be avoided until the pupils are strong. Furthermore, beginners and girls should not be allowed to use Dumb-bells above the weight of 2 or 3 lbs. per pair, nor should they be allowed to lift heavy weights, such as iron Bar-Bells. In practising Climbing, it is preferable to let boys and girls do so BETWEEN TWO POLES, and not on one only, for certain physiological reasons. In Jumping, the pupils should be taught always to alight on both feet together, and to momentarily bend and open the knees well, and to alight on the balls of the feet and not on the heels as they reach the ground.

While dealing with the apparatus we would point out that the class should be TAUGHT TO REPLACE AFTER PRACTICE IN AN ORDERLY AND NOISELESS MANNER ANY PORTABLE APPARATUS, such as Dumb-bells, Indian Clubs, Wands, &c. In order to keep them in proper order, special racks should be fixed along the wall in which to keep them in their proper places and in a tidy manner. The shifting about of apparatus and mats, which cannot always be done by an attendant or the teacher alone, must be deputed to one or more of the class. The same individual should fulfil this duty regularly, so as to save time, and for a similar reason the apparatus must be kept in the same position as far as feasible.

Before commencing work on any piece of apparatus, the teacher should first convince himself that it is quite safe. Dumb-bells and Wands should not be used before the children are 10 or 11 years old. The weight of bells should not exceed 2 to 3 lbs. per pair, and of Wands not more than 3 to 4 lbs. for boys, and half that weight for girls.

PUPILS SHOULD NEVER BE PERMITTED TO RUN UNDER OR BETWEEN ANY INSTRUMENT.

The pupils should not be allowed to work in the gymnasium with their boots on, as they will thus carry a deal of dirt into the hall and spoil the apparatus; if they have not got their own canvas gymnastic shoes, the school should provide shoes for them. Girls should on no account be allowed to work with corsets on, but should wear loose tunics and knickers, held by a belt at the waist.

Where expense is a consideration in fitting up a gymnasium, care should be taken that such instruments are acquired in the first instance which allow of a large number of pupils working simultaneously on the same apparatus, such as for



instance : Dumb-bells (2 to 3 lbs.), Wands (wooden of 1 to 2 lbs. for girls, iron of 4 to 8 lbs. each for boys and men), Horizontal and Parallel Bars, Horizontal Ladder, Jumping Stands, Climbing Poles and Balancing Beams, and a good supply of cocoanut mats. The apparatus should be purchased of good and experienced makers.

~~EXCELLENT MEMORANDA FOR THE GUIDANCE OF NEWLY-FORMED GYMNASTIC CLUBS will be found in the Hand Book of the Amateur Gymnastic and Fencing Association, price 6d.~~

The hall in which the classes work should be light, lofty, well ventilated, and kept perfectly clean and free from dust (this applies equally to mats). See article by Dr. Th. D. Savill, on "The Construction and Hygiene of Gymnasia." ("THE 'GYMNAST' AND ATHLETIC REVIEW," September, 1894).

Whenever the weather and circumstances permit, the class should be held in the open air.

The teacher's bearing towards his pupils should be firm but friendly, and not dictatorial or coarse ; he must know how to keep his temper, and must try to make the work set to his class as interesting as possible.

By the aid of a MUSICAL ACCOMPANIMENT TO THE EXERCISES not only a vast amount of pleasure is given to the performers, but it also adds rhythm to the movements, enabling good time to be kept in them. It is specially valuable in Marching, Dumb-bell, Extension and Indian Club Exercises, and in girl's classes, where so many dancing, *i.e.*, stepping, movements are introduced, music becomes almost indispensable. For one and the same group of exercises the same time should be adhered to, *i.e.*, it should not be changed abruptly from say $\frac{3}{4}$ time to $\frac{4}{4}$ time, or from $\frac{2}{4}$ time to $\frac{6}{8}$ time.

The teacher should be careful to MAKE A DISTINCTION BETWEEN THE EXERCISES TO BE GIVEN TO GIRLS OR BOYS. The weaker sex will naturally not require such difficult or hard work as boys ; it should never be the object of a teacher to make the girls under him muscularly "strong women," but rather sound and healthy women. The teacher should therefore chiefly confine his work to pleasing and aesthetic Marching, Extension, Dumb-bell, Wand, Ring and Indian Club exercises, and let them only work to a very moderate degree elementary exercises on the apparatus. It is best to avoid for girls' classes such exercises as wide straddling or wide lunging movements, full squatting movements, and bending the body far back, as well as any unaesthetic movements, or such as may give offence to their sense of womanly feeling. In the boys' classes on the contrary everything should aim at the development of the muscular power through precision of move-

ment and hard, energetic work. For instance, where in a girls' class the arm movements would be raising and extending the arms, the boys would be told to raise and **THRUST OR STRIKE** with the arms. The leader **SHOULD DISCOURAGE ACROBATIC MOVEMENTS**, as apart from their more or less dangerous nature, they spoil many an otherwise promising youngster for the practice of other less showy but more beneficial exercises.

The teacher should not lose sight of the value of **GAMES IN THE GYMNASIUM**, which form a very valuable addition to gymnastic teaching. A good selection of such games will be found in Harvey's "Physical Exercises and Gymnastics for Girls and Women," 3s. 6d.; Alexander's "New Games and Sports for Schools, Clubs, and Gymnasia," 3s. 6d.; and Carl Betz's "Physical Exercises of the Playground," 4s.

In the **ARRANGING OF EXERCISES** for boys of the different standards in the schools the teacher should introduce for the lowest standards only simple and elementary Extension and Marching exercises and gymnastic games, in the following standards some easy apparatus work should be introduced, and in the highest standards the apparatus work should occupy a prominent position—say three-quarters of the total available time, the remaining quarter being devoted to Extension, Marching, Jumping and Running Exercises. As already stated the Marching and Extension, Wand, or Dumb-bell exercises should take up by far the greater part (*i.e.*, from three-quarters to half) of the time in the girls' classes. For a Table of Exercises, suitable for Boy's and Girl's School, see page 46/50.

In gymnastic clubs (for adults) a period of 15 to 25 minutes suffices for Extension, Dumb-bell, or Marching exercises, but it should **ALWAYS** form part of the lesson, if only to get the blood into proper circulation. These exercises are absolutely indispensable to anyone who wishes to become a smart and good all round gymnast.

Children of the same age possess, generally speaking, the same amount of physical development, and as in each standard of schools (in towns at any rate) there is usually no very great difference of age between the scholars, we can safely presume that there is no great distinction of physical abilities between them. In drawing up a Table of Exercises the teacher must make up his exercise so as **NOT TO EXCEED THE AVERAGE CAPACITIES** of the scholars in that standard. In similar manner when an adult gymnast joins a gymnastic club he should be put through an examination and then placed in a low, medium, or advanced squad as the case may be. The weakly men and novices will be classed together in the lowest squads, those who are able to go into the medium squads should be

such as can go through some moderately difficult test exercise, for instance : circle on to the bar, pumpswing on the Parallels, and circles of the leg on the Horse ; while for the higher squads, they should be able to perform the upstart and back-up on the Horizontal Bar, pump and travel on the Parallels, circle of both legs and flank, rear or front vault on the Horse.

During a lesson THE SQUAD SHOULD WORK ON TWO SEPARATE PIECES OF APPARATUS, one for exercises in the hang, the other for exercises in the rest, or jumping or vaulting exercises, so that at half time of the squad practice the squads change over to another piece of apparatus at a given sign.

The NUMBER OF PUPILS WORKING TOGETHER in one class or squad must largely depend upon the number of assistants or leaders available for helping the teacher in instructing his class. In order to be able to do justice to himself and the pupil, the maximum number to be instructed by one man should not exceed 40 to 50 pupils during Extension or Marching Exercise, and a maximum of 15 on the apparatus. In schools it is advisable not to appoint as pupil teachers any but the very best and most advanced pupils, and such as have previously undergone a course of training under the teacher. In gymnastic clubs it is however absolutely necessary to appoint some of the best men to act as leaders, so that each squad of not more than 12 to 14 men shall have at least one leader to teach them regularly on the apparatus. If the number of pieces of apparatus available of the same kind permits this, it is advisable that all sections *in the school* should practise simultaneously on the same kind of apparatus, and all those on the apparatus should perform the same exercise and in the same time and cadence, so that the teacher can supervise the work better. In case of need, when the squads become very unwieldy, the leader should set such exercises as two can perform simultaneously on the same piece of apparatus. In the most advanced classes of the school and in gymnastic clubs, the working on the apparatus cannot be carried through on these lines of all squads working the same movement simultaneously ; in fact, this would not be advisable, as the work there ought to be a good deal more varied and far more advanced in one squad than in another. The teacher is, therefore, necessarily compelled to rely principally on the efficiency of his assistants. The LEADERS SHOULD BE REQUIRED TO ATTEND REGULARLY A LEADER'S SQUAD, where the teacher initiates them into their several duties and shows them new groups of exercises.

In ARRANGING CLUB COMPETITIONS it is necessary that the teacher should choose only those movements or exercises which his pupils have practised during the previous term or year, and should not suddenly introduce new movements. The same applies when arranging a display, which should consist princi-

pally of the exercises which have been practised during the year. When arranging Open or Inter-Club competitions, representatives from the competing clubs should be invited to assist in making up the exercises and judging the competitors. A large selection of advanced exercises for gymnastic competitions will be found in Bell & Son's Book, "400 Gymnastic Display and Competition Exercises," 1s. For GYMNASTIC COMPETITIONS those rules adopted during the last 20 years at the Orion and German Gymnastic Soc. Open Competitions, as published in the Handbook of the Amateur Gymnastic and Fencing Association, will be found very useful. RULES GOVERNING FENCING COMPETITIONS are also contained in the same Handbook of the A.G. & F.A., and rules governing Indian Club and Tug-of-War Competitions have been promised to be added thereto in their next year's issue.

GENERAL RULES AS TO HOW THE TEACHER SHOULD ARRANGE HIS CLASS, THE WAY IN WHICH HE SHOULD DELIVER HIS ORDERS, AND THE MANNER IN WHICH HE SHOULD SHOW THE EXERCISES TO HIS PUPILS.

It is advisable that the scholars should be divided into two sections, the younger and weaker working separately, and for this junior squad the lower standard exercises are intended.



Fig. A.

The scholars should assemble on the command "Fall in" in one or more ranks, as convenient, according to height, the

tallest on the right, or, if several ranks, the tall ones are placed in the rear ranks. The pupils should, when they "fall in," assume the "POSITION OF ATTENTION," which is as follows:—Heels together, toes turned out, the feet forming an angle, slightly less than a right angle, legs and knees straight, trunk and head erect, chin slightly drawn in, shoulders thrown back and chest advanced (but not unduly), arms hanging loosely at the sides with the hands open and the fingers closed, the palms of the hands towards the thighs (Fig. A). This position should be assumed by the pupils not only BEFORE, but also AFTER each exercise, and they should only be permitted to deviate therefrom when allowed to "STAND AT EASE." After forming ranks, the pupils must be told to "DRESS," *i.e.*, by turning their eyes to the right leader of each rank, and by moving backward, forward, or sideways, as the case may be, until a perfectly straight line is formed, when the eyes are turned to the front on the order "EYES FRONT." Dressing should be preserved by each pupil, KEEPING TOUCH with the elbow with his right hand neighbour.

The teacher's ORDERS should be DISTINCT and to the POINT, and as BRIEF as possible, but with a due regard to a proper description of the exercise to be performed; they should, as a rule, consist of TWO PARTS, the CAUTIONARY part and the EXECUTIVE part. The cautionary part should convey a clear and concise meaning of the exercise, as for instance:—"RAISE ARMS FORWARD ABOVE HEAD," or "TO FULL SQUATTING POSITION." The TONE OF THE VOICE while giving the cautionary part should be audible and clear without being too loud; whereas the executive part (for the actual execution of the exercise) must be delivered in a louder and sharper tone. In the two instances given the executive words would be "UP" and "SINK" respectively.

When, however, the pupils have mastered each part of a series of Dumb-bell, Wand, and Extension Exercise movements or group of exercises, it is preferable to LET A NUMERAL FORM THE ACTUAL ORDER, thus:—On the order "ONE," raise the arms forward above head; at "two," sink to squatting position, &c.

Between the cautionary and the executive orders A PAUSE of a few seconds duration should be made, so that the pupils can fully grasp the exercise, and when the executive order is given can unhesitatingly perform the movement, as for instance:—"Right"—"Turn;" or "Arms sideways"—"Up."

Between each group of exercises a pause should be made to allow the pupils to get a short rest.

The teacher should be well acquainted with the exercises he intends setting his class, *i.e.*, he must have them at his finger ends. He should stand on a raised platform, so that

the whole class can see and hear him equally well, and before showing them the exercise (which he should do in **PERFECT STYLE**) he should carefully explain each movement, and in the case of Extension, Dumb-bell, or Wand exercise, he should first show them the movements, **FACING HIS CLASS**, and then once more with **HIS BACK TURNED TO THE CLASS**, in order to obviate any confusion as regards left and right sided movements. All exercises must be executed **SMARTLY** and in **UNIFORM** time, unless otherwise ordered, and special attention must be paid to the arms and legs being kept straight unless otherwise ordered; the ranks or lines must be kept straight by the pupils being ordered to "**COVER OFF**" from the front, or "**DRESS**" by the left or right, as the case may be.

When an exercise is specially difficult or complicated, let **EACH PART** of an exercise be executed separately, first in **SLOW TIME**, *i.e.*, three or four beats to each movement, and then let them be performed in the usual rhythmic time, which is generally the time of an ordinary fairly slow march, say from 70 to 80 beats to the minute. The practice should never be carried to the point of **OVERTAXING** the strength of the pupils, but should, at the same time, give them a certain amount of exertion, which, without fatiguing them, should leave behind it a pleasant sense of having done some physical work. The **REPETITION** of the exercises must depend upon the difficulty of the exercise, or upon the more or less rapid manner in which the pupils have learned to perform them to **PERFECTION**, as each group should be **THOROUGHLY MASTERED** before starting a fresh one. However, as a general rule, it may be safely said that each part of a group should be repeated at least four times, but not more than eight times. When the exercise consists of left and right sided movements, always commence on the left side, taking care to adhere to this practice throughout, and practise each movement **TO EITHER SIDE**, not to one side, or in one direction only.

FOR A FULL DESCRIPTION OF ALL THE PRINCIPAL TERMS employed in Marching and Extension Exercises see p. 28/39. Teachers will also obtain many valuable and interesting hints by reading the excellent article entitled "**Physical Strength**," by a well-known and capable gymnast, which appeared in "**THE GYMNAST**" of 1890/1891, and wherein he draws special attention to the "**ART OF BREATHING**," from which the undermentioned is an extract:—

"From the earliest years attention must be directed to the breathing. For this purpose a child must be taught from the outset to breathe through the nostrils, keeping the lips firmly closed, until the habit is acquired of breathing in this manner only. Adults who have not this habit can easily acquire it, and will soon find its many advantages. Then the lungs must be properly used, that is inflated to their full extent, by deep careful breathing, and this must be practised until the habit becomes a fixed one."

"The following exercises will be found suitable both for children, and also for those of more advanced years, who are first starting systematic exercises ; they can, moreover, be practised in any average schoolroom, if more convenient space is not available :—

"Stand erect, heels together, head and neck drawn a little back of the vertical.

"1.—Breathing through the nostrils, draw in as deep a breath as is possible, hold it in for 5 or 6 seconds, and then expel the air, slowly, but always through the nostrils. While practising this exercise let the chest and shoulders be free, and the arms held loosely at the sides, in other words, do not cramp the chest and shoulders together.

"2.—Raise the arms straight up in front until the finger-tips meet above the head, then bending at the hips only, and keeping the knees well braced back, reach as low down in front as possible. At first only the knees can be touched, but with practice it will be found easily possible to touch the floor with the fingers.

"3.—Raise the arms above the head as before, then lower them down to the sides, the inner edge of the hand and the little finger touching the leg, and the palms facing the front.

"4.—Place the hands on the hips, the thumbs being placed behind and the fingers in front ; rise slowly on tip-toes ; remain there five or six seconds, and then slowly drop down until the whole foot is on the floor.

"5.—With the hands placed as above bend the knees and sink downwards, raising the heels off the ground until the thighs rest on the heels ; then rise again to upright position.

"6.—Repeat the last exercise keeping the whole of the foot on the ground.

"Keeping the hands on the hips raise the right foot in front off the ground until as high as the left knee, keeping the leg quite stiff. Repeat this movement, raising the leg to the rear, and, of course, practise it also with the left leg.

"The above exercises can be practised daily five or six times with an interval of a few minutes between each for the first week, and increase by five a week until 50 be reached. Simple as they are the result will soon be apparent in increased chest girth and fullness in the limbs and back ; and in the case of sickly children by an immediate improvement in the general tone and strength."

When the number of pupils in the class is more than can conveniently be formed up in one rank, they can be arranged in either TWO OR MORE RANKS, or in a CIRCLE, or SEMI-CIRCLE ; in the circle formation, however, the teacher cannot have the whole class under observation at the same time ; this is obviously a great disadvantage. For most exercises, more especially wand and dumb-bell exercises, the pupils should stand at HALF OR FULL DISTANCE from each other, i.e., at arms length (half distance), or double arms length (full distance). The different modes of arriving at the various positions and formations will be described under each group of exercises. In describing the various exercises the following abbreviations will be used :—

El.—Elementary ; Ad.—Advanced ; Pos.—Position ;
R—Right ; L—Left.

O—O exercise can also be used as a dumb-bell exercise.

X exercise can also be used as a wand exercise.

G exercise suitable for girls as well as boys.

When the class has been arranged in the order directed, the rank—or front rank if there be more than one—should be numbered off by fours from the right, thus :—On the order, “Number off by fours,” the first pupil on the right will call out “1,” the second, third, and fourth, “2,” “3,” and “4” respectively, while the fifth will call “1” again, the sixth, seventh and eighth following the examples set by the second, third, and fourth ; this numbering will be repeated by the remainder of the class. In numbering the pupils should call out their numbers distinctly, so that those behind them may know their correct numbers, and, above all, the importance of remembering their numbers should be impressed on the pupil.

Before concluding our remarks about Mass and Extension Exercises, we would impress upon all leaders the great importance of endeavouring always to arrange their groups of exercises in such a manner that the principal muscles of the body are brought into play by introducing arm, leg and trunk exercises, and in so doing adhere as far as possible to the order of movements named above, *i.e.*, start with arm movements, followed by leg exercises, and finish up with trunk movements; then group the three together, so as to develop the body as harmoniously as possible.

PRINCIPAL MODES OF MARCHING EXERCISES AND TERMS USED FOR THE SAME.

As far as possible the military expressions will be adhered to, but a little consideration will prove that the geometrical nature of Figure Marching necessitates a nomenclature of mathematical precision as well as merely descriptive.

Marching is usually executed in slow time, consisting of 75 paces of 30 inches to the minute, or in quick time of 110 paces to the minute, while for Trotting 150 steps per minute form the best time. In Marching the feet must be carried clear of the ground, the toes pointed as the leg swings forward, and an effort made to touch the ground first with the toes as the foot is put down. The head is to be held erect, the angle of the face vertical, shoulders squared, the arms swinging freely at the sides, while the lungs are carefully filled to the full capacity in breathing.

MARKING TIME.—The feet are alternately raised vertically and replaced, the legs being bent at the knees as the feet are raised. The same time must be preserved in Marking time as in Marching.

TAKING DISTANCE.—In a line of say four men, distance can be taken either to one side or to both sides. Half distance is measured by raising the R (L) arm and stepping to the L (R), until it is just possible to touch the man on the R (L) with the fingers of the extended R (L) arm. Full distance is taken by raising both arms until the extended hands just clear. To take distance to both sides, the first and last men step to the outside, raising the arms as already described, and continue stepping sideways as the second and third men follow them until the required distance is gained. There are many other ways of taking distance, thus in a single rank, numbered off in fours, all the second, third, and fourth men can be made to march forward, one, two and three paces respectively, thus gaining a diagonal formation. Or in a column of eights with four paces between each line, the even numbers by stepping one pace forwards will gain half distance.

		Rank of fours	Column of Ranks
Single		v v v v v v v v	4 3 2 1
Rank		4 3 2 1 4 3 2 1	v v v v
v v v v		Fig. 3	v v v v
Fig. 1			v v v v
		File of fours	Fig. 5
Single	Double	v1	v v v v
File	File	v2	Fig. 5
v	v	v3	
v	v	v4	
v	v	v1	I v v v v I
v	v	v2	2 v v v v 2
v	v	v3	3 v v v v 3
v	v	v4	4 v v v v 4
Fig. 2A	B	Fig. 4	Fig. 6
			Fig. 7

The simplest and most frequently adopted modes of forming up the class are that of a rank or file.

A SINGLE RANK is when the pupils stand SIDE BY SIDE in one line, as shown in Fig. 1.

A SINGLE FILE is when the pupils stand BEHIND EACH OTHER in a line, as shown in Fig. 2A.

A DOUBLE RANK or DOUBLE FILE is when two ranks stand behind each other, or two files stand side by side (Fig. 2B).

If in a rank or file the pupils are numbered off by twos, threes, fours or more, RANKS OR FILES OF TWOS, THREES, FOOURS, &c., are formed thereby (Figs. 3 and 4); and if two, three, four or more ranks stand behind each other, or two three, four or more files stand side by side, a COLUMN OF RANKS OR FILES is formed (Figs. 5 and 6). If a file or rank is formed up in an oblique line, the class is said to be in a DIAGONAL FORMATION (Fig. 7). A rank or file can also be formed up in a semi-circle or circle.

When the pupils touch each other with their elbows, while the arms are down at the sides, when formed up or marching in rank formation, the rank or circle in rank formation IS CLOSED, and when a file or circle in file formation, by each member thereof making a $\frac{1}{2}$ -L or R turn, forms a closed rank, the file is said to be in closed formation. If, however, the distance between each member in the rank or file is greater than described above, the rank or file is said to be in OPEN OR EXTENDED FORMATION. To open the rank or file to HALF DISTANCE is when each individual member of the rank or file is distant one arm's length or one full pace respectively from his neighbour or the pupil in front of him, and FULL DISTANCE when the pupils are double that distance apart from each other.

TURNS.—The turn consists of the four quarters of a circle or parts thereof. According to whether the pupil in turning round his vertical axis, describes $\frac{1}{8}$, $\frac{1}{4}$, $\frac{3}{8}$, $\frac{1}{2}$, $\frac{5}{8}$, or $\frac{3}{4}$ of a circle, he is said to make a ($\frac{1}{8}$) one-eighth, ($\frac{1}{4}$) one-quarter, ($\frac{3}{8}$) three-eighths, ($\frac{1}{2}$) half, ($\frac{5}{8}$) three-quarters, or ($\frac{3}{4}$) four-quarters L or R-turn. The military L or R-turn being equivalent to a $\frac{1}{2}$ -L or R-turn, and the military L or R about turn being the same as the $\frac{1}{2}$ -L or R-turn in gymnastic language. In a L-turn the L shoulder goes back, and in a R-turn the R shoulder goes back. (See Fig. 44.) A $\frac{1}{2}$ -L turn is described when the pupil faces in the direction of B after having made the turn; a $\frac{1}{2}$ -L turn if he faces midway between B and D after the turn; a $\frac{3}{8}$ -L turn if he faces towards D after the turn; a $\frac{1}{4}$ -L or L-about-turn if he faces midway between D and C after the turn; and in like manner a $\frac{1}{2}$ -R turn is made in the direction of A; a $\frac{1}{4}$ -R turn is made in the direction of midway between A and C; a $\frac{3}{8}$ -R turn in the direction of C; a $\frac{1}{2}$ -R turn in the direction of midway between C and D.



Oblique-march forward to L



Angle-march L or L wheel



Oblique-march L to the rear



Counter-march L

Fig. 8

Fig. 9

Fig. 10

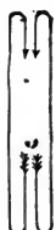
Fig. 11

If, when a file marches forward, each individual member of that file on reaching a certain specified spot, makes a $\frac{1}{2}$ -R or L turn and continues marching forward, an OBLIQUE-MARCH FORWARD R or L (Fig. 8) is executed, but if, instead of making a $\frac{1}{2}$ -R or L turn, each member of the file while marching makes a $\frac{1}{4}$ -R or L turn (*i.e.*, R or L turn in military parlance), and continues marching on, an ANGLE-MARCH R OR L OR R OR L WHEEL is performed (Fig. 9), and if a $\frac{3}{8}$ -R or L turn is made by each

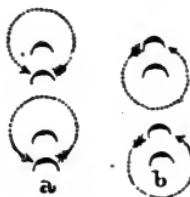
member of the file while marching, an **OBLIQUE-MARCH R OR L TO THE REAR** is made (Fig. 10); whereas if an about or $\frac{1}{2}$ -turn R or L is made by each member of the file, a **COUNTER-MARCH R OR L** (Figs. 11 and 12) is executed.

When **MARCHING ROUND THE ARENA TO THE R, CIRCLING OR MAZE TO THE RIGHT**, the pupil's right side is turned towards the centre of the arena, and when marching round or circling to the L the left side is turned towards the centre of the arena, as shown in Fig. 13.

When **CIRCLING WHILE IN PAIRS**, the No. 1 can circle round the No. 2 of the pair in such a manner that the R or L side of the No. 1 is turned towards the No. 2, in the first instance he circles to the R, in the second he circles to the L (Fig. 13, L circle). The same movement can naturally also be done by the No. 2.



Counter-march L & R
inwards, forming pairs



Circle
to the L.

Fig. 12



Fig. 13A

Fig. 13

If the two pupils forming the pairs execute the same movement simultaneously, they **CIRCLE IN PAIRS** (or if in fours, sixes, &c., they circle in fours, sixes, &c.). If in the pairs one pupil **FACES IN AN OPPOSITE DIRECTION** to his neighbour and they circle round an imaginary pivot between the two, they circle or wheel to the L or R in pairs round their own centre (Figs. 14A and 14B, Fig. 14A shows a circle or wheel R in pairs, Fig. 14B shows a circle or wheel L in pairs).

If four or more all facing in the same direction and formed up in star formation (Fig. 15) circle round a common pivot, they **CIRCLE OR WHEEL** in a **STAR FORMATION** to the R if the pupils' R shoulders are turned towards the centre of the circle (Fig. 15A), or to the L if their L shoulders are turned towards the centre of the circle (Fig. 15B). The same can naturally also be performed by ranks of four, six, eight or more pupils in each rank wheeling in star formation.

When two circles march round **SIDE BY SIDE IN OPPOSITE DIRECTIONS**, *i.e.*, the one to the R, the other to the L, it is called a **FIGURE EIGHT** (Fig. 16).

A **LOOP** can be formed by intersecting while describing a circle, thus: The leader of the file marching straight forward describes a circle to the L followed by all the others of the file, but between the fifth and sixth, or seventh, eighth, &c., pupils in the file he intersects the file (Fig. 17), and then continues his original course. The same can, of course, also be executed to the R.

THE MAZE is formed when a file marches in a circular direction, but on the head overlapping the rear, it continues in an ever narrowing circular direction to the centre until the leader reaches the centre, when he **REVERSES** his course (*i.e.*, counter-marches), and the file in maze unwinds itself until a circle is reformed (Fig. 18).

The **SERPENTINE** or **WINDING MARCH** is executed by one file marching in a semi-circular way through the open spaces left between each member of the second file, which meanwhile marks time (Fig. 19).

THE CHAIN MARCH is practically a repetition of the previously described serpentine march, but two files marching simultaneously from opposite directions in a semi-circular way, the files passing each other alternately to the L and R side (Figs. 20 and 21).

FORMING OF FILES FROM RANKS AND *vice-versâ*.

FROM A RANK OF FOURS, FORM A FILE OF FOURS to the R (*i.e.*, in front of Nos. 1), by Nos. 4, 3, 2 marching obliquely forward to the R and coming in front of No. 1, who meanwhile marks time (Fig. 22). (Fig. 23 shows the reverse figure of this, *i.e.*, forming a file to the L).

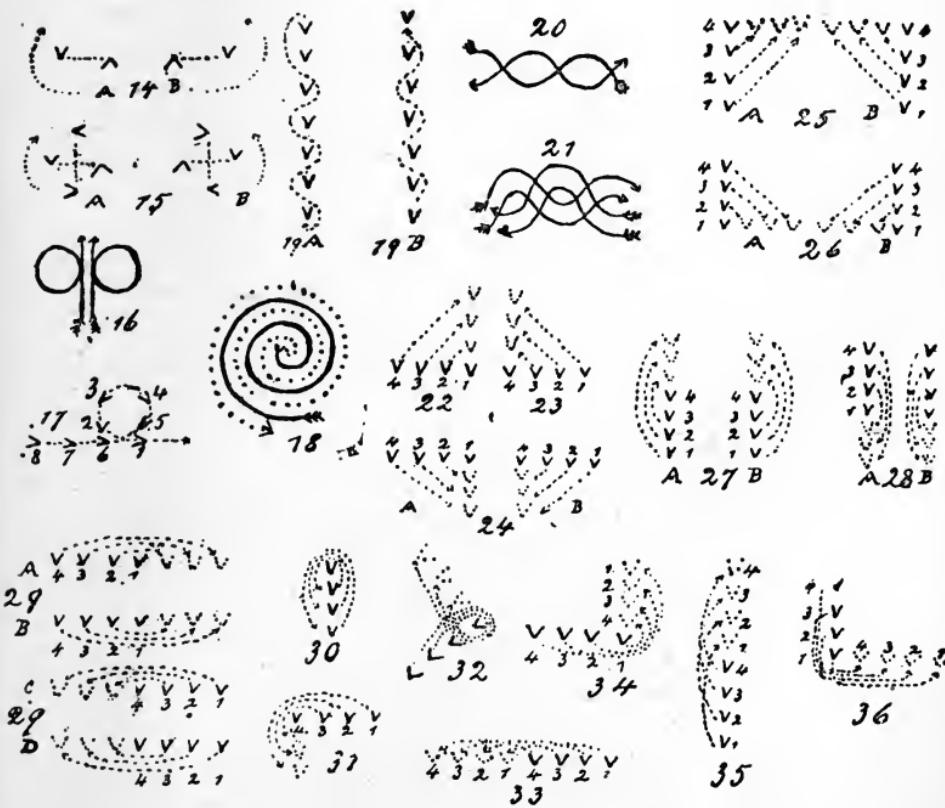
FROM A RANK OF FOURS, FORM A FILE OF FOURS TO THE R REAR, (*i.e.*, BEHIND Nos. 1), by Nos. 4, 3, 2 stepping obliquely backwards to the R and coming behind No. 1, who meanwhile marks time (Fig. 24A). (Fig. 24B shows the reverse of this figure, *i.e.*, form a file to the L rear).

FROM FILES OF FOURS, FORM RANKS OF FOURS to the R or L of Nos. 4, by Nos. 1, 2 and 3 marching obliquely forward to the R or L of Nos. 4 (Figs. 25A and 25B); or by Nos. 4, 3 and 2 marching obliquely to the rear to the R or L of Nos. 1 (Figs. 26A and 26B), thus forming ranks of fours.

CHANGE OF PLACES IN THE FILES AND RANKS.

The following illustrations explain some other modes of changing the formation in the ranks and files.

Re-form files of fours in front of the Nos. 4, the Nos. 1, 2 and 3 passing to the L of No. 4, and after describing a semi-circle, take up their position in front of No. 4 (Fig. 27A). (Fig. 27B shows this in the opposite direction.)



Form files of fours behind the Nos. 1, the Nos. 4, 3, 2 passing to the R of Nos. 1 (who mark time), and after describing a semi-circle, take up their position behind No. 1 (Fig. 28A). Fig. 28B shows this reversed.

From ranks of fours, reform ranks of fours to the R of No. 1, Nos. 2, 3 and 4 passing in a semi-circle to the R round the front and to the R of No. 1 (Fig. 29A). Fig. 29B shows this reversed, *i.e.*, Nos. 4, 3 and 2 passing in a semi circle to the L, behind and to the R of No. 1. Figs. 29C and 29D show these same movements, forming ranks of fours to the L of No. 4.

In similar manner a file of fours can be reformed into a file of fours by Nos. 4, 3 and 2 circling to the L (or R) round No. 1, and then taking up positions behind No. 1, as shown in Fig. 30; or a file of fours can be formed by Nos. 1, 2 and 3 of a rank of fours passing in $\frac{3}{4}$ of a circle to the L round the front of the No. 4, and then take up their position behind No. 4, as shown in Fig. 31.

And a file in diagonal formation can be told to: FORM A RANK IN DIAGONAL FORMATION TO THE L OF THE FRONT LEADER, by describing $\frac{1}{4}$ -circle to the R round the front leader, and taking up their position again to the L of the original leader (Fig. 32).

During the execution of the above Figs. 22-32, THE LEADER OF THE RANK OR FILE REMAINS IN HIS PLACE, the pupil standing NEAREST to him commencing the marching movements.

In the following exercises this ORDER IS REVERSED, *i.e.*, the pupil standing FARDEST away from the leader commences the marching movements, and finally the LEADER ALSO LEAVES HIS PLACE, as shown, for instance, in Fig. 33, where the rank of fours is told to reform a rank of fours to the L of the leader on the L by passing in a semi-circle to the L of No. 4, the leader on the R (*i.e.*, No. 1) commencing; or Fig. 34, where from a rank of fours a file of fours is formed in front of the leader on the R by passing in a circle to the L round the leader on the R, the leader on the L (No. 4) commencing; or the files of fours to reform files of fours by circling to the R and coming in front of the front leader, the last man in the file (*i.e.*, No. 1) commencing (Fig. 35).

Fig. 36 shows a file of fours being formed into a rank of fours by circling to the L and coming to the R of the last man in the file, the front man (*i.e.*, No. 4) commencing.

In the same way as a person can turn round his vertical axis, it is possible for a row of persons in rank formation to do the same, and the turning of such a rank is termed WHEELING. The pivot point may be at each end of the rank, or it may be in the centre thereof, or it may also be some distance away from the rank. According to whether a $\frac{1}{4}$, $\frac{1}{2}$, $\frac{2}{3}$, $\frac{3}{4}$ or whole turn L or R round the axis is made, we use the term $\frac{1}{4}$ -turn, $\frac{1}{2}$ -turn, $\frac{2}{3}$ -turn, $\frac{3}{4}$ -turn or $\frac{1}{4}$ -wheel L or R. Fig. 13A shows a $\frac{1}{4}$ -R wheel by fours. Fig. 15A shows a $\frac{1}{2}$ -R wheel in star formation, and Fig. 15B shows a $\frac{1}{4}$ -L wheel in star formation; half the distance of each of the four quarters shown in Fig. 15 would be a $\frac{1}{8}$ -R or L wheel respectively.

The wheeling can be executed by marching forwards or backwards.

In order to explain to the class the direction in which the rank is supposed to wheel, to the R, for instance (Fig. 15A), the leader should raise his L arm sideways and then make a $\frac{1}{4}$ -turn R; and if a L-wheel (Fig. 15B) is to be made by the rank, he raises his R arm and turns to the L; but if the rank is to WHEEL ROUND ITS OWN CENTRE, *i.e.*, one-half of the rank marching forward, while the other half marches to the rear, pivoting round the centre man of the rank, the leader raises both arms and makes a L or R-turn; the class will easily see thereby which portion of the rank has to march to the rear and which part forward.

The number of paces for wheeling is dependent on the number of pupils present in the rank; thus a rank of three requires three paces for a $\frac{1}{4}$ -wheel, six paces for $\frac{1}{2}$, nine paces for $\frac{2}{3}$, and twelve paces for $\frac{3}{4}$ -wheel, a rank of fours requiring four, eight, twelve and sixteen paces respectively,

and a rank of eights require eight, sixteen, twenty-four and thirty-two paces respectively for a $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or $\frac{1}{2}$ -wheel while in closed formation.

Each member in the rank must take the SAME NUMBER of paces, but according to whether the pupil is nearest or farthest from the pivot point, he will have to take short or long steps, those farthest away from the pivot naturally requiring the longest paces.

When four, six, eight or more ranks are lined up in a star formation and wheel round a common pivot, they WHEEL IN STAR FORMATION.

THE SQUARE.—If while marching in file the pupils make a $\frac{1}{4}$ -L turn after a certain number of paces and repeat this three times (*i.e.*, four times in all), they have described a SQUARE to the L.

The CROSS can be formed by marching forward a given number of paces, then the same number of paces back again (or counter-march), and a $\frac{1}{4}$ -L or R-turn on the last pace, which if repeated three more times will have completed the cross.

PRINCIPAL LEG MOVEMENTS AND TERMS USED FOR THE SAME.

The following positions of the legs hardly require any further explanation than that given by the illustrations.

Left leg raised forward (Fig. 37).

Left leg raised sideways (Fig. 38).

Left leg raised to the rear (Fig. 39).

NOTE.—When the legs are raised in the same direction as described above AND BACK AGAIN IN QUICK TIME, the legs are said to SWING forwards, sideways, or to the rear, the legs generally being raised MUCH HIGHER when swinging than when they are merely raised.



Fig. 37



Fig. 38



Fig. 39

Left knee raised forward (Fig. 40).

Left heel raised to the rear (Fig. 41).

Extend L leg forward from the position of L knee raised forward (Fig. 40).

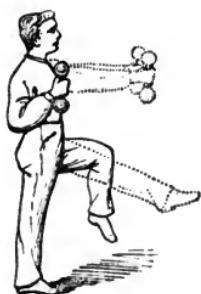


Fig. 40



Fig. 41

STEPPING MOVEMENTS.

Step forward with L foot (Fig. 42). The L foot steps about 16 inches forward, both legs are kept stiff.

Step back with L foot (reversed of Fig. 42). The L foot steps about 16 inches to the rear, legs are kept stiff.

Step sideways with L foot (Fig. 43). The L foot steps about 16 inches straight to the L side.

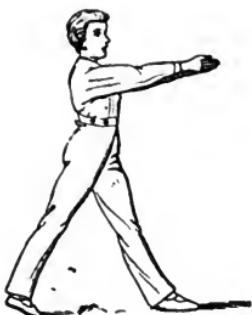


Fig. 42



Fig. 43

Step obliquely forward to the L with L foot (Figs. 44B and 45A). The L foot steps about 16 inches obliquely forward to the L in a line with the toes of the L foot (*i.e.*, midway between forward and sideways), knees stiff. (Fig. 44A shows this to the R with R foot.)

Step obliquely to the L rear with L foot (Figs. 47 and 44D). The L foot steps obliquely to the L rear in a line with the heel of the R foot. Legs are stiff (Fig. 44C shows this to the R rear with R foot).

Step obliquely forward to the R with L foot (Fig. 45B). The L foot steps obliquely forward to the R, in a line with the toes of the R foot, coming in front of the R leg. Legs stiff.

Step obliquely to the R rear with L foot (Fig. 46). The L foot steps obliquely to the R rear in a line with the heel of the L foot, the L leg coming behind the R leg.

If the L foot STEPS FURTHER TO THE R from the position shown in Fig. 45B, it is said to CROSS IN FRONT OF R LEG; and if it steps further to the R from the position shown in Fig. 46, IT CROSSES BEHIND THE R LEG (Fig. 48).

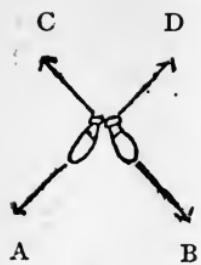


Fig. 44

A—R foot obliquely forward to the R.
C—R foot obliquely to the R rear.
B—L foot obliquely forward to the L.
D—L foot obliquely to the L rear.

Fig. 45A



Fig. 45B

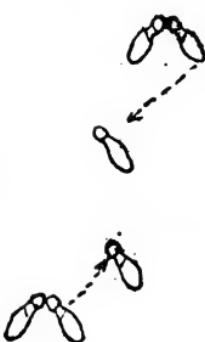


Fig. 46

Fig. 47

BALANCING MOVEMENTS.

Bend the body to the L side while balancing on L leg, as shown in Fig. 49.

Bend the body forward while balancing on L leg, as shown in Fig. 50.

Raise the L leg forward while balancing on R leg, which is in squatting position (Fig. 51).

Raise the L leg to the rear while balancing on R leg, reversed of Fig. 50.



Fig. 48



Fig. 49



Fig. 50

Raise the L leg sideways while balancing on R leg, reversed of Fig. 49.

LUNGE.—The lunge is made forwards, sideways, backwards, and obliquely forwards and backwards. For illustrations of the directions of the lunge see Fig. 44 and notes *re* stepping.

LUNGE FORWARDS LEFT.—The left foot is advanced about 30 to 36 inches, the knee being bent until it is in a line with the toes, the foot points straight to the front, with the weight of the body on the advanced foot. The right leg is stiff with the foot firmly on the ground and turned at right angles to the left foot. The body is held erect on the hips and facing square to the front (Fig. 52B).

LUNGE SIDEWAYS LEFT.—The left foot is advanced sideways, the foot being placed on the ground at the same angle to the original line of the shoulder as when at "attention." The right foot retains its original position; all other details as for "lunge forwards" (Fig. 53).

LUNGE BACKWARDS.—The pace is taken to the rear; all other details as for "lunge forwards."

For the OBLIQUE lunges, the movement is at an angle of 45° . or midway between the forwards and sideways, or sideways and backwards-lunges (*i.e.*, in the direction as shown in Fig. 44).



Fig. 51



Fig. 52

In executing and recovering from the lunge, the foot must be lifted clear over the ground, and not allowed to scrape or drag.

—**FENCING POSITION LEFT.**—Make $\frac{1}{4}$ -turn R on R heel; advance the L foot about 18 inches, bend both knees slightly, keeping the weight of the body on the R foot.

STRADDLE.—The feet are separated about 30 inches apart by jumping upwards off the ground and alighting with the legs astride as described. The movement is done either sideways, in which case the legs are separated sideways (Fig. 43) or forwards, left (R), in which case the left (R) leg is carried forward, and the right (L) leg to the rear (Fig. 42). The weight is poised between the legs.

HALF SQUATTING POSITION.—The knees are bent outwards until the under thigh and the calf of the leg form an obtuse angle of about 135° . (Fig. 54).

SQUATTING POSITION.—The knees are bent until the thigh and calf almost touch. In both these positions, unless instructed otherwise, the heels must be raised off the ground, but kept together, and the body poised on the balls of the feet; the knees are bent in the direction of the feet, and the body held erect from the hips (Fig. 55).



Fig. 53



Fig. 54



Fig. 55

FRONT LEANING REST.—From the squatting position, place the hands on the ground at the sides, outside the legs project the legs to the rear, and rest the body on the hands and toes, head erect, back hollowed, legs together (Fig. 56).

BACK LEANING REST.—Similar to the front leaning rest, but project the legs to the front, the body thus resting on the hands and heels, back hollowed, head thrown back (Fig. 57).



Fig. 56



Fig. 57



Fig. 58

SIDE LEANING REST RIGHT.—From the squatting position project the legs sideways to the right, resting the weight on the L hand and the side of the L foot, back hollowed and head thrown back (Fig. 58 shows this to the L).

RISE ON TIP-TOE (Fig. 60).

TROTTING OR RUNNING should be executed on the toes or rather balls of the foot (Fig. 62).

PRINCIPAL ARM MOVEMENTS AND TERMS USED FOR THE SAME.

1.—**ARMS FORWARDS.**—The arms are raised forwards to the height of the shoulders (Fig. 42).

2.—**ARMS SIDEWAYS.**—The arms are raised sideways to the height of the shoulders (Fig. 54).

3.—**ARMS FORWARDS HIGH.**—The arms are raised forwards until extended straight above the head (Fig. 60).

4.—**ARMS SIDEWAYS HIGH.**—The arms are raised sideways until extended straight above the head.

5.—**ARMS OBLIQUELY FORWARDS.**—The arms are raised forwards halfway between the position of attention and position 1.

6.—**ARMS OBLIQUELY FORWARDS HIGH.**—The arms are raised forwards halfway between positions 1 and 3 (Fig. 39).

7.—**ARMS OBLIQUELY TO THE REAR.** (Fig. 37).



Fig. 60



Fig. 61



Fig. 62

8.—ARMS OBLIQUELY SIDEWAYS.—The arms are raised sideways halfway between position of attention and position 2.

9.—ARMS OBLIQUELY SIDEWAYS HIGH.—The arms are raised sideways halfway between positions 2 and 4.

10.—ARMS ON CHEST IN THRUSTING POSITION.—The lower arms are raised till the fists touch the side of the chest, elbows well back and close to the side (Fig. 43).

11.—ARMS CROSSED ON THE CHEST (Fig. 38),

When the arms are raised forwards, or above the head, or obliquely to the rear, they should be parallel to each other.

12.—ARMS ON THE BACK.—The arms are raised to the rear, bent at the elbows, and crossed on the back, with the knuckles turned towards the body (Fig. 61B).

HEAD GUARD.—L arm bent on the head for the "head guard" (Fig. 64).

HANDS ON HIPS.—The hands are placed on the hips, the fingers being to the front and the thumbs to the rear, elbows thrown somewhat back, chest forwards, body and head erect (Fig. 62).

HANDS ON NECK.—The upper arms are raised sideways, horizontally level with the shoulder and bent at the elbow, the palms of the hands being placed against the back of the neck.

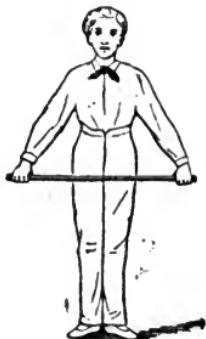


Fig. 63



Fig. 64

POSITION OF THE HANDS.—When the arms hang down at the side of the body, or when raised above the head:—

1.—THE THUMBS are turned towards each other when in the ORDINARY position (Fig. 63).

2.—THE LITTLE FINGERS are turned towards each other when in the REVERSED position, *i.e.*, reversed of Fig. 63.

3.—THE PALMS OF THE HANDS are turned towards each other when in the PIKE position (Figs. 39, 42 and 52).

4.—THE KNUCKLES are turned towards each other when in the TWISTED position, *i.e.*, reversed of Figs. 39, 42 and 52.

CIRCLING WITH THE ARMS.

RIGHT CIRCLE OF THE L ARM (OR INWARD CIRCLE) IN FRONT OF THE BODY.—The L arm is raised sideways to the L, then above the head and downwards to R, *i.e.*, it circles in front of the body in the direction of the hand of a clock placed in front of the gymnast (Fig. 65D).

LEFT CIRCLE OF THE L ARM (OR OUTWARD CIRCLE) IN FRONT OF THE BODY.—The L arm swings to the R in front of the body, then above the head and down outward to the L side, *i.e.*, in a reversed direction to the one described above (Fig. 65C).

RIGHT CIRCLE (OR OUTWARD CIRCLE) OF R ARM IN FRONT OF THE BODY (Fig. 65B).

LEFT CIRCLE (OR INWARD CIRCLE) OF R ARM IN FRONT OF BODY (Fig. 65A).



Fig. 66



Fig. 65



Fig. 67

CIRCLE FORWARD WITH THE ARMS.—The arms swing up to the rear, then above the head and down forward (Fig. 66A).

CIRCLE RACKWARDS WITH THE ARMS.—The arms swing forward above the head and then down to the rear (Fig. 66B).

CIRCLE THE ARMS AT THE SIDE OF THE BODY.—The arms are raised sideways at height of shoulders and describe small or large circles to the L or R, the arms being kept stiff at the elbows.

TRUNK MOVEMENTS.

BEND THE BODY FORWARD (Fig. 67).—The body is bent forward at the hips nearly to R angles, the legs remaining stiff.

BEND THE BODY BACK (Fig. 68).—The body is bent back from the hips, legs stiff.

BEND THE BODY SIDEWAYS (Fig. 69).—The body is bent sideways from the hips, legs stiff.



Fig. 68



Fig. 69



Fig. 70

BEND THE BODY OBliquely FORWARD TO THE L SIDE (Fig. 70). The body bends obliquely forward, but the trunk is turned to the L side from the hips.

TURN THE TRUNK TO THE L SIDE FROM THE HIPS, *i.e.*, the feet remain firmly on the ground, the legs remain stiff, the L shoulder going back and R shoulder forward, the body making a $\frac{1}{8}$ or even a $\frac{1}{4}$ -L turn while in an erect position.

PRINCIPAL TERMS USED IN THIS BOOK FOR EXERCISES ON THE APPARATUS.

TOGETHER WITH 56 ILLUSTRATIONS.

GRASPS.—Fig. 3 and 4—Ordinary Grasp. Fig. 2—Twisted Grasp. Fig. 1—Combined Grasp (ordinary and twisted). Fig. 5—Reversed Grasp. Fig. 6—Combined Grasp (ordinary and reversed).



Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6

RESTS.—Fig. 7 and 15—Front or Side Rest. Fig. 8—Cross Rest. Fig. 9—Back Leaning Rest. Fig. 10—Front Leaning Rest. Fig. 11—Side Leaning Rest. Fig. 12 Cross Bent Arm Rest. Fig. 14—Lower Arm Rest. Fig. 16—Back Rest. Fig. 17 and 18—Riding Rest or Balance Rest.



Fig. 7

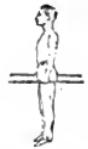


Fig. 8



Fig. 9

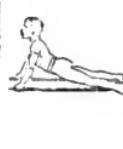


Fig. 10



Fig. 11



Fig. 12



Fig. 13



Fig. 14



Fig. 15



Fig. 16



Fig. 17



Fig. 18

SEATS.—Fig. 19—Cross Seat. Fig. 20—Side Seat.

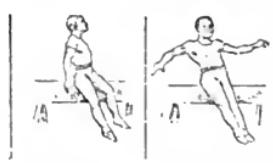


Fig. 19

Fig. 20

Cross Hang, Cross Stand, Cross Rest, Cross Seat, i.e., when the shoulders are at RIGHT ANGLES to the apparatus while in the Hang, Stand, Rest or Seat.

Side Hang, Side Stand, Side Rest, Side Seat, i.e., when the shoulders are PARALLEL to the apparatus while in the Hang, Stand, Rest or Seat.

HANGS.—Fig. 21—Ordinary Hang. Fig. 22—Upper Arm Hang. Fig. 23—Back Hang. Fig. 24—Hammock Hang.



Fig. 21



Fig. 22



Fig. 23

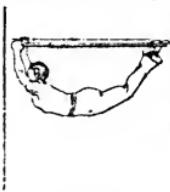


Fig. 24



Fig. 25

VAULTS.—Fig. 25—Flank vault Left. Fig. 26—Rear Vault. Fig. 27—Front Vault. Fig. 28—Wolf Vault. Fig. 29—Straddle. Fig. 30—Squat. Fig. 31—Sheep Vault. Fig. 32—Screw Vault. Fig. 33—Fish or Pike Vault. Fig. 34—Thief Vault. Fig. 34A—Double Rear Vault.



Fig. 26

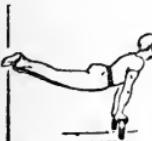


Fig. 27



Fig. 28



Fig. 29



Fig. 30



Fig. 31



Fig. 32



Fig. 33



Fig. 34



Fig. 34A

CIRCLES.—Fig. 35—Ordinary Circle Backwards to Rest. Fig. 36—Ordinary Short Circle Backwards from Free Rest (the FRONT CIRCLE or ROLL FORWARD is executed in the OPPOSITE DIRECTION to the circle back). Fig. 37—Giant or Long Circle Backwards. Fig. 38—Giant or Long Circle Forwards. Fig. 39—Back Bent Arm Circle Forwards, Fig. 40—Knee or Hock Circle Back in L Hock (MILL CIRCLE is the same as Hock Circle, but BOTH LEGS STRAIGHT). Fig. 41—Seat Circle Forward. Fig. 42—Instep Circle Forward. Fig. 43—Hock and Instep Circle Forward. Fig. 44—Hock Swing. Fig. 45—Roll Forward. Fig. 46—Roll Backwards. Fig. 47—Hand-stand and Straight Arm Somersault. Fig. 48—Half-Left Circle of R leg. Fig. 49—Half-Right Circle of R leg. Fig. 50—Left Circle of both Legs. Fig. 51—Feint Right.

A right circle is a circle in the direction of which the hands travel on the face of a clock, which is placed face upwards at your feet.

A left circle is a circle in the opposite direction.

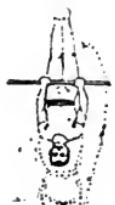


Fig. 35



Fig. 36

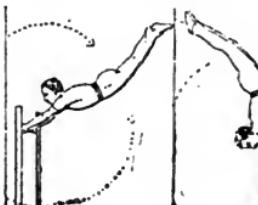


Fig. 37



Fig. 38



Fig. 39



Fig. 40



Fig. 41

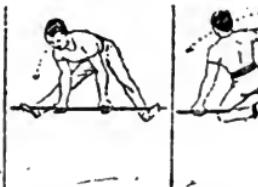


Fig. 42



Fig. 43



Fig. 44



Fig. 45

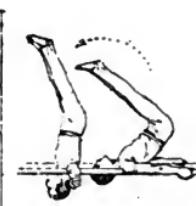


Fig. 46



Fig. 47



Fig. 48



Fig. 49



Fig. 50



Fig. 51



Fig. 52

LEVERS.—Fig. 52—Back Lever. Fig. 53—Front Lever. Fig. 54—Elbow Lever on L arm. Fig. 55—Side Lever on R arm. Fig. 56—Side Lever or Flag.

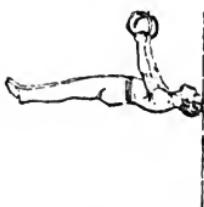


Fig. 53

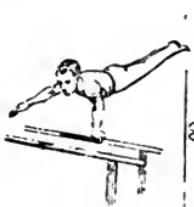


Fig. 54

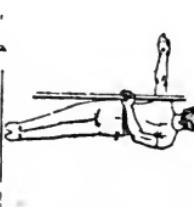


Fig. 55



Fig. 56

As there is still a good deal of doubt in the minds of many Gymnasts as to the relative meaning of Gymnastic Terms employed in this country by those following the Aldershot School on the one hand, and those adhering to the more modern terms adopted by the principal Amateur Clubs in London and by the Amateur Gymnastic and Fencing Association, we append a short comparative list of the principal movements in the description of which the nomenclature differs. The Military terms we print are those appearing in Maclaren's book on Gymnastics, and those in the other column are the terms adopted for the last 20 years in the most prominent Amateur Gymnastic Clubs. The main difference in terms is naturally to be found on the Horizontal Bar, as both schools work very much the same exercises on this piece of apparatus, but, as the Military School have a much more limited selection of exercises than the Amateur School on either the Parallel Bars or Pommelled Horse (the former practising very few leg movements, such as leg circles, shears, feints, &c.), the points of difference are naturally much less when we come to those pieces of apparatus.

COMPARATIVE LIST OF MILITARY TERMS AS LAID DOWN IN MACLAREN'S BOOK ON GYMNASTICS, WITH TERMS EMPLOYED IN THE PROMINENT AMATEUR GYMNASTIC CLUBS IN LONDON.

MILITARY TERMS.

Vault with legs astride.

Vault between hands.

Straight line or planche forward.

Straight line or planche backwards.

Straight line resting on elbow.

Straight arm balance.

Short arm balance.

Back lift.

Legs up.

Uprise.

Lay out.

TERMS ADOPTED BY THE PRINCIPAL AMATEUR GYMNASTIC CLUBS.

{ Straddle vault. NOTE.—The WOLF vault is rarely practised in Military Gymnasia.

{ Squatting vault. NOTE.—The THIEF and SHEEP vault, which are also vaults between the hands, are seldom practised by those working on Military lines.

Front lever.

Back lever.

Elbow lever.

Handstand.

Bent arm handstand.

Bent arm somersault.

{ Legs $\frac{1}{2}$ -lever, i.e., legs raised to R angles with the trunk.

Back-up.

Swing for the back-up.

MILITARY TERMS.

	TERMS ADOPTED BY THE PRINCIPAL AMATEUR GYMNASTIC CLUBS.
Shoot to the front from the rest.	Underswing.
Back Shoot.	{ Swing and squat under bar and $\frac{1}{2}$ -seat circle forward.
Sit swing.	Seat circle.
Turn round the bar.	{ Slow circle to rest. (The actual turn of the body is termed "CHANGE FRONT" in the military school.)
Hand grind.	Hand circle from back rest.
Right hand leading while in the side hang on the bar	{ Travel sideways to the R in the side hang, the R hand starting.
Right and left hand leading while in the hang with extended grasp	{ Travel sideways to the R, making a R-turn of body under the bar by releasing the grasp of the L hand and replacing same to the R of the R hand, i.e., briefly, R-about-turn.
Right and left leading backwards from the hang with extended grasp.	{ A repetition of the previously described exercise, but the body makes a L-turn under the bar.
Half-reach.	Bent arm hang.
Right hand leading in half-reach.	{ Travel sideways with ordinary grasp in bent arm hang.
Right hand leading in half-reach sideways.	{ Travel with combined grasp in the cross bent arm hang.
Right leg acting.	{ Rise in L hock, the R leg swinging back.
Left leg acting.	{ Rise in R hock, the L leg swinging back.
Back away.	{ Somersault backwards at end of front swing.
Forward away.	{ Somersault forward at end of back swing.
Rise above bar.	Slow press up from hang to rest.
Circular march on Horizontal Bar.	{ Travel along bar with continuous L or R-about-turn.
Circular march above Parallel Bars.	$\frac{1}{2}$ or whole turn while in handstand.
Change front on ,,	$\frac{1}{2}$ -turn, i.e., L or R-about-turn.
Single march ,,	Travel with one hand at the time.
Double march ,,	{ Travel with both hands simultaneously.
Cut away ,,	{ Straddle out or back at ends of the Parallel Bars.
Cut in ,,	{ Straddle in at ends of the Parallel Bars, also rear vault in.
Clear the bar by the front ,,	Rear vault out.
Clear the bar by the rear ,,	Front vault behind hands.
Dip ,,	Pumpswing

The following are a few "provincialisms" employed in A. Alexander's book, the meaning of which may not be clear to the uninitiated gymnasts.

SHOOTING PLYMOUTH on the Parallel Bars. Shoot over the off bar with hollow back from the side hang on near bar (also called "Nosestest" occasionally). On the Horizontal Bar it is a $\frac{1}{2}$ -seat circle forward from the back leaning hang.

FLYING BACK ROLL on the Parallel Bars. Swing and roll back quickly to the rest on the hands, or to bent or straight arm handstand.

PIROUETTE HAND BALANCE on the Parallel Bars. Turn from one bar to the other while in the handstand on the Parallel Bars.

BACK SIT SWING on the Parallel Bars. Short upstart from the cross rest to the rest.

SWINGING RISE on the Horizontal Bar. Back-up.

FROG LEAP. Squatting vault.

ARMSLENGTH. Giant circle.

The following Table of Exercise has been used for a great number of years in a very prominent school with excellent results, and the author therefore submits it to the study of those interested in the teaching of gymnastics in schools :—

TABLE OF EXERCISES SUITABLE FOR SCHOOL BOYS IN THE DIFFERENT STANDARDS.

NOTE.—For terms used see pages 28/45.

FREE EXTENSION, WAND, AND MARCIHNG EXERCISES.

STANDARDS 1 AND 2.

Rise on tiptoe, clapping the heels and insteps, stamping with the feet, raising the heels, twisting and thrusting with and raising the legs, bending and raising the knees, jumping off both feet bending and twisting the body, twisting, raising, swinging, and thrusting with the arms, attention position, stepping sideways forwards, balancing on one leg, $\frac{1}{4}$ turn marking time, marching forward, in $\frac{4}{4}$, $\frac{3}{4}$, and $\frac{2}{4}$ time, walking on tiptoe in $\frac{4}{4}$, $\frac{3}{4}$, and $\frac{2}{4}$ time, trot—mark time, and trot in $\frac{4}{4}$ and $\frac{3}{4}$ time, running.

Practise the above in line or file formation, take $\frac{1}{2}$ and full distance, march round in a circle or square, counter-march, march through centre of arena.

STANDARD 3.

In addition to the above-named exercises practise :—

Bending and stretching the lower arms, thrusting, $\frac{3}{4}$ and $\frac{4}{4}$ turns, stepping movement, rise on tiptoe and lower while marching. Change of step in $\frac{2}{4}$ time, counter-march, raising the heels while marching, raising the knees while marching, limping walk, squatting during marching.

Forming of pairs while in file and while marching, march round in a circle, counter-march, also in opposite directions and in pairs.

STANDARD 4.

Repeat exercises given under Standards 1-3 and add :—

Extending the arms, circling the arms, squatting movements, change of step while marching in $\frac{2}{4}$ time, raising the legs while marching, jumping off one foot while marching, jumping with both feet together while changing from one mode of marching to the other.

Circling round each other, forming ranks and files, together with circling, different methods of turning while marching, for instance three paces forward and $\frac{1}{4}$ or $\frac{1}{2}$ turn on the fourth pace, marching in square formation, serpentine march.

STANDARD 5.

Repeat exercises given under Standards 1-4 and add :—

Straddling and circling the legs, raising the heels and knees in slow time, swinging the arms, change of step, balancing step, jumping between the steps, jumping with raising the heels, straddling or crossing the legs while jumping up, jumping and squatting in $\frac{4}{4}$ time with or without turns, running with raising of heels or knees.

Marching in a figure eight in file formation, also ditto in opposite directions, and intersecting of the two files coming from opposite directions, angle and oblique-march, marching in cross formation, chain-march, forming of ranks and files by pairs, circling in pairs.

STANDARD 6.

Repeat exercises given under Standards 1—5 and add :—

Swinging the legs, bending the body, thrusting together with twisting the arms, thrusting in opposite directions, striking movements, turning while marching, fencing position and lunging, kneeling on one and both knees.

Form fours, sixes, eights from the rank or file, form diagonal formation from the rank or file, open and close the same, angle-march, march with arms linked or on the back.

STANDARD 7.

Repeat exercises given under Standards 1-6 and add :—

Extend one leg while in the squatting position, swing the arms together with thrusting and striking movements, describe a circular motion with the trunk, bend and straighten the body, fencing movements.

While marching form files of fours, sixes, eights, twelves in front of or behind the leader of the rank, form ranks from the files while marching, form ranks from the files by all making a $\frac{1}{4}$ turn while marching forward, and continue marching forward, wheel round the centre of the ranks, change of place by the men in the ranks or files, or by the whole ranks or files while marching or at the double.

The following is a Table of Apparatus suitable for Boys during School Practice, and the order in which they should follow each other :—

STANDARDS 1 AND 2	
1	Jumping
2	Horizontal Ladder
3	Skiping Rope
4	Buck
5	Climbing
6	Jumping
7	Horizontal Ladder
8	Skiping Rope
9	Buck
10	Climbing
11	Horizontal Bar
12	Balancing Beam

STANDARDS 3 AND 4	
1	Buck
2	Ladder *
3	Parallel Bars
4	Jumping
5	Climbing
6	Buck
7	Balancing Beam
8	Ladder
9	Jumping
10	Horizontal Bar
11	Horse
12	Climbing
13	Skiping Rope

STANDARDS 5 AND 6	
1	Horse
2	Horizontal Bar
3	Parallel Bars
4	Horizontal Ladder
5	Jumping
6	Horizontal Bar
7	Horse
8	Parallel Bars
9	Jumping
10	Climbing
11	Buck
12	Slanting Ladder

STANDARD 7	
1	Parallel Bars
2	Jumping
3	Horizontal Bar
4	Horse
5	Climbing
6	Parallel Bars
7	Jumping
8	Horizontal Bar
9	Buck
10	Ladder
11	Horse
12	Rings

* Use alternately Horizontal and Slanting Ladder.

For exercises on the above apparatus, suitable for the different standards, see Puritz's "Code Book of Gymnastic Exercises," from which the teacher will have no difficulty in making up suitable exercises for his class.



Table and Order in which Apparatus should follow each other for SQUAD PRACTICE IN GYMNASTIC CLUBS, with say 6 squads of men working at the same time:—

SQUAD 1 Horizontal Bar Horse*	SQUAD 2 Climbing Parallel Bars	SQUAD 3 Jumping Horizontal Bar
SQUAD 4 Buck Ladder	SQUAD 5 Horse* Rings	SQUAD 6 Parallel Bars Jumping

Table and Order in which Apparatus should follow each other for 10 squads of men practising simultaneously:—

SQUAD 1 Horizontal Bar Table	SQUAD 2 Ladder Parallel Bars	SQUAD 3 Buck Horizontal Bar
SQUAD 4 Jumping (or Polejumping if in the open) Parallel Bars	SQUAD 5 Trapeze or Rings Horse*	SQUAD 6 Vaulting over Low Bar Climbing or Wrestling
SQUAD 7 Parallel Bars Storming Board	SQUAD 8 Horse* Horizontal Bar	SQUAD 9 Par-bells (iron) or Weight-lifting Vaulting on the Parallel Bars

SQUAD 10
Jumping or Polejumping Horse sideways with pommels

* Use alternately Horse from croup with or without pommels, and sideways with pommels.

By having this Table of Apparatus fixed on the wall on a long, narrow piece of wood which slides in a frame on the top of which the number of the squad is marked, and shifting the board containing the names of the apparatus by the space of one division where the number of squads is marked, the leader will not only see at a glance which two pieces of apparatus he has to lead on, but also his work will be then varied from lesson to lesson.

TABLE OF EXERCISES SUITABLE FOR SCHOOL GIRLS IN
THE DIFFERENT STANDARDS.

FREE EXTENSION, WAND, AND MARCHING EXERCISES.

STANDARDS 1 AND 2.

Position of attention, turn the feet in and out, stepping movements, rise on tip-toe, raise the heels, raise the legs, bend and straighten the knees, bend the body sideways and forward, raise the arms, bend and straighten the arms, mark time and march forward in $\frac{4}{4}$, $\frac{3}{4}$, and $\frac{2}{4}$ -time, ditto on tip-toe. Step forward or sideways with L foot and close R foot on L and repeat in reversed order. Trot—Mark time, and trot in $\frac{1}{8}$ and $\frac{3}{8}$ -time, jump on the spot off both feet simultaneously, $\frac{1}{4}$ -turn L and R, *i.e.*, military L or R turn.

Form files and ranks in straight or curved lines, form a circle, open and close the lines, form pairs from a single file. Change places in pairs in the ranks or circle formation.

STANDARD 3.

Clap with the feet, raise the arms to the different positions, circle and extend the arms. Take three steps on the spot (*i.e.*, two quick and one slow) in two beats (*i.e.*, at one raise the L and R foot in quick time, at two the L foot comes down on the ground); ditto, but hopping, open and close the feet; step forward with L foot and let the R foot join the L, then repeat in the reversed order. Take a step forward (or sideways) with L foot, join R on L, and take another step with L foot, change of step while trotting. Jump off one foot, limping walk, hop, gallop (*i.e.*, the L foot steps forward, sideways, or to the rear, the R foot closes on to the L and hop off R foot as it joins the L, the L leg being raised at the same time), $\frac{1}{2}$ -L or R turn (*i.e.*, about-face); circle, circle round each other, form ranks and files by ones and in pairs, march and turn while marching, march in a square, serpentine-march, counter-march, link arms and hands in front of and behind the body, place hands on neighbour's shoulder, or on shoulder of pupil in the front rank.

STANDARD 4.

Cross the legs, swing the legs, circle with the legs, schottische steps, cross the legs while marching, thus, at 1 the L foot steps forward, at 2 the R foot is placed by the side of the large toe of the L foot, which rises on tip-toe, and at 3 the L foot is replaced flat on the same spot to which it had stepped, or both feet, may rise on tip-toe at 2. For the next step the R foot steps forward. This can be done forward, sideways, or to the rear. Rise on tip-toe while marching, bend and straighten knees while marching sideways, forwards, or to the rear, hop with change of step, schottische while hopping (*i.e.*, hop with change of step in $\frac{4}{4}$ time, a hop following the third step in such a manner, that it forms the first beat for the next step). hop with crossing of legs and rising on tip-toe as described above, but while marching. Step sideways, making a complete turn at each step round the vertical axis of the body, turning on the toes of one foot, bend and straighten the knees while marching, salute (stand on the L foot and cross the R leg in front of the L, the toes touching the ground to the L of the L foot, and raise and bend the R arm in front of the forehead, then step back again with the R foot and lower the R arm, at the same time, as the legs and arms swing to and fro, the body turns slightly round its axis and the eyes look in the direction of the hands).

Form a file, form ranks by threes, fours and sixes, extend and close the ranks, march in a cross formation, form ranks by circling round each other, angle-march, form a circle, loop, and figure eight, chain-march through the open spaces between the extended files, march under the linked and raised arms of extended pairs, march with musical accompaniment; advanced modes of grasps.

STANDARD 5.

Change of step, make a $\frac{1}{2}$ -turn (about-face) on one foot while describing a waltzing step (*i.e.*, change of step sideways in $\frac{3}{4}$ -time and making a $\frac{1}{2}$ -turn on every third step, the turn being always made in the same direction). Repeat the marching and hopping movements described under the lower standards, also with $\frac{1}{4}$ and $\frac{1}{2}$ -turn where possible. Cross the legs while stepping sideways, and make a complete turn on the toes on the third beat; thus, at 1 step sideways, at 2 cross the other leg in front of the one which stepped out first, at 3 make a complete turn on the toes, the front leg stepping to the attention position, or continues stepping out for another step.

Hop and make a complete turn on one leg while the other leg is raised; if executed in $\frac{3}{4}$ -time, hop twice, and if in the $\frac{4}{4}$ -time, hop three times. Raise one leg high and stiff at the knee and step forward, replacing the foot on the ground flat-footed and with a slight beat of the foot. Raise one leg as if for a lunge position, and hop on the same foot before the other foot joins on to it.

Circle in pairs and fours, march in cross, circle, and star formation. Form ranks and files with change of leaders and round different pivots. Wheel in rank formation, serpentine and chain-march in pairs.

STANDARDS 6 AND 7.

Hop and gallop, thus: The L leg is bent and steps forward as if for a lunge, the R foot comes up to the L on the third beat; a hop is made on the L foot, the R leg is bent at the knee and swings so that the inner side of its calf touches the front of the calf of the L leg; the toes of the R foot are close to the ground on the outer side of the L leg, and the foot thereof is almost perpendicular. If executed in the $\frac{3}{4}$ -time, the R leg starts the next step, but if practised in $\frac{4}{4}$ -time, the R foot must make an intermediate step before the L leg starts the fresh step. Of course this should also be repeated with the R foot, starting also sideways or to the rear.

Double schottische. On the first and second beat two hops are made on one leg, the heel of the other leg coming in front of the toes of the hopping leg on the first beat, and on the second beat the toes of the same leg come behind the heel of the hopping leg, whereupon follows a schottische hop forward, sideways, or to the rear.

Form ranks and files. Wheel, angle and counter-march, from a star, square, cross, circle, and other figures, change of places by the files and ranks, open and close same while performing various figures. Practise combinations of forming files and ranks, circles, serpentine march, wheeling and chain by fours.

Wand exercises should be introduced freely in these standards.

Table of Apparatus suitable for Girl's Classes in the School, and the order in which they should follow each other:—

STANDARDS 1 TO 3.		STANDARDS 4 TO 7.	
1 Climbing Pole	4 Balancing Beam	1 Climbing Pole	5 Parallel Bars
2 Jumping	5 Horizontal Bar	2 Jumping	6 Horizontal Bar
3 Ladder	6 Skipping Rope	3 Ladder	7 Skipping Rope
	4 Balancing Beam		

PART II.

In Part II. we print a brief selection of Specimen Groups of Extension, Dumb-bell, Wand and Marching Exercises, and Groups of Exercises on the Parallel Bars, Horizontal Bar, Horse, Rings and Ladder, such as have been practised at the Orion G.C. during the past 30 years, and would point out that several hundred similar Groups of Exercises can be found in Vols. I. to VI. of "The 'Gymnast' and Athletic Review," price 2/6 per Vol. (unbound), obtainable of the Proprietors, Brown's Buildings, St. Mary Axe, London, E.C.

A large selection of Exercises on the Apparatus will be found in "Puritz's Code Book of Gymnastic Exercises," 1/6, and the All England Series Books: "Gymnastics," 2/-; "Gymnastic Competition and Display Exercises," 1/-; and "Dumb-bells," 1/-, with numerous Illustrations. We would also draw the attention of our readers to the list of Gymnastic books at the end of this book.

Three books are now being prepared by the author of this volume on "Wand Exercises," "Figure Marching," and "Gymnastics in Schools."

EASY EXTENSION EXERCISES.

By F. R. STALLYBRASS.

GROUP I.—ARM MOVEMENTS.

A.—1. Raise arms forwards to height of shoulders, thumbs up. 2. Extend arms sideways at height of shoulders, palms down. 3. Return to first position. 4. Arms down forward to attention.

B.—1. Raise arms sideways to height of shoulders, palms down. 2. Raise arms sideways above head, palms facing inwards. 3. Return to first position. 4. Arms down sideways to attention.

C.—1. Arms obliquely down to the rear. 2. Raise arms forwards high and bend body back. 3. Return to first position. 4. Arms down forward to attention.

GROUP II.—LEG MOVEMENTS.

A.—Step a full pace forwards with L leg. 2. Bend L knee to lunge position. 3. Return to first position. 4. Close L foot on R to attention.

B.—Step a full pace sideways to L. 2. Bend L knee to lunge position L and bend body over to the L. 3. Return to first position. 4. Close L foot on R to attention.

C.—1. Step a pace to the rear with L leg. 2. Bend L knee, bend body back. 3. Return to first position. 4. Close L foot on R to attention.

GROUP III.—ARM AND LEG MOVEMENTS COMBINED.

A.—Arm movements described under A with leg movements of A.

B.—B arm movements with B leg movements.

C.—C arm movements with C leg movements.

Each of the above exercises to be repeated to the opposite side.

EXTENSION EXERCISES.



Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6



Fig. 7

GROUP I.

A 1.—STEP FORWARD with L leg and arms up forward to height of shoulders.

2.—Bend L leg and extend arms sideways.

3.—Return to first position.

4.—Close L leg on to R and arms down forward to attention (Fig. 1).

5-8.—Repeat 1-4, but step forward WITH THE R LEG.

B 1.—STEP SIDEWAYS to the L with L leg, arms up sideways to height of shoulders.

2.—Bend L knee, arms sideways above head.

- 3.—Return to first position.
- 4.—Close L leg on to R and arms down sideways.
- 5-8.—Repeat 1-4, but step sideways WITH THE R LEG.

C 1.—STEP BACKWARDS with L leg and swing arms down to the rear.

- 2.—Bend the L leg and body back slightly, and arms forward above the head.
- 3.—Return to the first position.
- 4.—Close the L leg on to the R and arms down forward.
- 5-8.—Repeat 1-4, but step back WITH THE R LEG.

GROUP II.

A 1.—STRADDLE JUMP, L LEG FORWARD (legs as in Fig. 2), arms forward above the head.

- 2.—Bend the body forward with straight legs.
- 3.—Return to first position.
- 4.—Jump to attention, the arms coming down forward.
- 5-8.—Repeat 1-4, but straddle with the R leg forward.

B 1.—STRADDLE SIDEWAYS (legs as in Fig. 3), arms up sideways to height of shoulders.

- 2.—Bend the body to the L side with stiff legs, L arm down, R arm up (both vertical).
- 3.—Return to first position.
- 4.—Jump to attention, the arms coming down sideways.
- 5/8.—Repeat 1/4, but bend body to the R.

C. 1.—STRADDLE FORWARD (L leg to the rear), and cross arms on the back, bending the body back slightly.

- 2.—Change the straddle position by jumping and bringing R leg to the rear, and swing arms sideways above head.
- 3.—Return to first position, changing the straddle position by bringing L leg to the rear.
- 4.—Jump to attention, arms down.
- 5-8.—Repeat 1-4, but start with R leg to the rear.

GROUP III.

A 1.—SQUAT to full distance, and arms up forwards to height of shoulders (Fig. 4).

- 2.—RISE AND LUNGE forward with L leg, and extend arms sideways (Fig. 5 shows the R leg lunging forwards).
- 3.—Return to first position.
- 4.—Rise to attention.
- 5-8.—Repeat 1-4, but LUNGE FORWARD WITH R LEG.

B 1.—Squat to full distance, arms up sideways.

- 2.—Rise and lunge sideways with L leg, arms sideways above head (Fig. 6 shows the L leg lunging sideways).
- 3.—Return to first position.
- 4.—Rise and come to attention.
- 5-8.—Repeat 1-4, but lunge sideways with R leg.

C 1.—Squat to full distance, and arms down to the rear.
2.—Rise and step back with L leg and bend L leg, leaning body back and arms forward above head.
3.—Return to first position.
4.—Rise and come to attention.
5-8.—Repeat 1-4, but STEP BACK WITH R LEG.

GROUP IV.

Two men face each other and join each others hands; while one man executes the extension exercises, the other man facing him supports his weight, and vice versa.

A 1.—Join hands, and one man SQUATS to full distance, while the other straddles sideways.
2.—EXTEND THE L LEG forward, with the R leg remaining in the squatting position (Fig. 7).
3.—Return to squatting stand.
4.—Rise to attention.
5-8.—Repeat 1-4, but the R leg is extended forward.
B 1.—Squat to full distance, as in A 1.
2.—Extend the L leg SIDEWAYS.
3-4.—The same as A 3-4.
5-8.—Repeat 1-4, but R leg is extended sideways.
C 1.—Squat to full distance, as in A 1.
2.—Extend the L leg TO THE REAR.
3-4.—Same as A 3-4.
5-8.—Repeat 1-4, but extend the R leg to the rear.
D 1-24.—Repeat the whole Group, but this time those men do the extension exercise, who had previously supported their partner.

NOTE.—Groups I.—III. can also be executed with Dumb-bells.

Arranged by WALTER MEYER, and shown at the Orion Gymnastic Club Annual Display, held March 23rd, 1893.

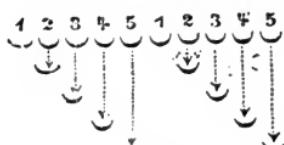


Fig. 1



Fig. 2



Fig. 3



Fig. 4



a b

Fig. 5



Fig. 6



Fig. 7



Fig. 8



Fig. 9

The men are lined up in diagonal formation, as in Fig. 1.

GROUP I.

A.—Step sideways to the L with L leg, and raise arms sideways to the height of shoulders with hands closed (Fig. 2).

B.—Bend L knee and circle downwards, with arms crossing in front of body (L in front of R arm), to height of shoulders.

C.—Straighten L knee and circle upwards, with arms crossing in front of body to height of shoulders.

D.—Step sideways to the R with L leg and arms down sideways, and obliquely to the rear of body.

E.—Step sideways to the R with R leg, raise arms forwards to height of shoulders.

F.—Close L leg on to R and squat to full distance (Fig. 3), and circle with arms backwards and up forwards to height of shoulders.

G.—Straighten legs (rise) and step sideways to the L with L leg, the arms circling backwards and to height of shoulders.

H.—Close R leg on to L, and raise arms forwards above head.

I.—Bend body forwards, touching the ground with the hands, the legs remaining stiff.

K.—Straighten the body (*i.e.*, rise), and jump, STRADDLING THE LEGS sideways in jumping, the arms swinging at the same time up sideways, then forwards, and down to the side to attention (Fig. 4).

GROUP II.

A.— $1\frac{1}{2}$ circle forwards with arms (arms coming above the head), and lunge forward with L leg (Fig. 5A shows this with R leg lunging).

B.—Straighten L knee, $1\frac{1}{2}$ circle backwards with arms, and bend body forwards, crossing the arms on the back.

C.—Raise body and swing arms obliquely forward above the head, the R leg being raised to the rear at the same time (*i.e.*, balance on L leg, Fig. 6 shows this reversed).

D.—Half L circle forward with R leg, which remains raised, and arms down sideways and then forwards to height of shoulders.

E.—Hop on L foot and change over on to R leg, the L leg being raised forwards.

F.—Squat to full distance on R leg, the L leg remaining raised forwards (*i.e.*, balance on R leg. In Fig. 7 the man squatting shows this position). Rise again balancing on R leg.

G.—Swing L leg back, touching the ground with the toes of the L foot, and bend R knee (*i.e.*, to lunge position), bend the L arm over the head, and R arm obliquely down to the rear (Fig. 8, but L arm bent over the head).

H.—Left-about-turn, and lunge forward with L leg, the arms coming first up to the chest to thrusting position, as the

turn of the body is made, and then the L arm thrusts obliquely forwards high, and R arm down backwards. Fig. 8, but L leg forward and R to the rear.

I.—Close L leg on to the R, and place hands on to hips.

K.—Right about-turn, making a slight jump and arms down to attention.

GROUP III.

A.—Swing L leg forward and arms backwards, immediately step back with L leg and arms up to chest to thrusting position.

B.—Bend L knee, bend body slightly backwards, and thrust arms upwards.

C.—Lunge forward with R leg, arms down to thrusting position on chest, and thrust arms forwards.

D.—Straighten R leg and raise L leg to the rear (*i.e.*, balance on R leg), arms obliquely forwards above the head (Fig. 6).

E.— $\frac{1}{4}$ R circle of L leg and arms down sideways to height of shoulder.

F.—Bend the body sideways to the R, balancing on R leg and arms above the head (*i.e.*, side lever position, with L leg raised to the L side).

G.—Straighten body (*rise*), close L leg on to R and squat to full distance, arms down on chest to thrusting position.

H.—Raise L leg forward (to balance rest on R leg in squatting position, as in Fig 7) and thrust arms forwards.

I.—Hop and change over to balance rest on L leg (R leg extended forward, L leg bent), arms in thrusting position and thrust forwards (reversed position of Fig. 7).

K.—Close R leg on to L and squat to full distance, arms down to the side, the hands touching the ground.

L.—Straighten both legs to the rear thus coming to the front leaning rest.

M.—Squat between hands and rise to attention.

GROUP IV.

A.—Jump up crossing the L leg in front of the R in jumping up, return the L leg, and come to straddle stand (legs as in Fig. 9), the arms swinging sideways above the head.

B.—Bend the body to the R side, balancing on R leg to side lever position, the L leg extended sideways to the L, the R arm extended above the head, the L hand on L thigh.

C.— $\frac{1}{4}$ -L circle (backwards) with L leg, with $\frac{1}{4}$ -L turn of body bending forward to front lever position, balancing on R leg and L leg extended to the rear and arms above the head.

D.— $\frac{1}{4}$ -L turn of body and come to straddle position, arms down sideways to height of shoulders.

E.—Side lever to the L, balancing on L leg (reversed position of B), arms crossed on the back.

F.— $\frac{1}{4}$ -L turn on L leg to front lever position to reversed position of C.

G.—Close R leg on to L and squat to full distance, arms down to the side, touching the ground with the hands.

H.—Extend the legs forward to back leaning rest.

I.— $\frac{1}{2}$ -L turn to front leaning rest.

K.—Come to squatting position, and in rising jump and make a complete L. turn before coming to attention.

EXTENSION EXERCISES

PUBLISHED FOR THE EIGHTH INTERNATIONAL GYMNASTIC FESTIVAL
HELD AT BRESLAU ON JULY 22nd TO 24th, 1894.

GROUP I.

NOTE.—All exercises in this group are executed with clenched fists.
After thrusting, the arms must be kept perfectly stiff.

I. A 1.—Step forward with L leg and bend the arms to thrusting position, with fists on chest.

2.—Thrust arms above the head.

3.—Return to position 1.

4.—Close L foot on R and arms down forward.

5-8.—Repeat 1-4, but step forward with R leg.

II. A 1.—Step sideways with L leg and bend arms to thrusting position on chest.

2.—Thrust arms sideways at height of shoulders and rise on tip-toe.

3.—Sink, and bend arms to thrusting position.

4.—Close L foot on R and arms down.

5-8.—Repeat 1-4, but step sideways with R leg.

III. A 1.—Step back with L leg and bend arms to thrusting position on chest.

2.—Make a $\frac{1}{4}$ -L turn, rising on toes, and thrust arms forward at height of shoulders.

3.—Make a $\frac{1}{4}$ -R turn and arms on chests, returning to position 1.

4.—Close L foot on R and arms down.

5-8.—Repeat 1-4 to the opposite side.

IV. A 1.—Step forward with L leg and bend arms to thrusting position.

2.—Bend the body forward and thrust the arms down forward (vertically), so that the fists come over the L foot, both legs are kept straight.

3.—Rise, and arms on chest as in 1.

4.—Close L foot on R and arms down.

5-8.—Repeat 1-4, but the R leg stepping forward.

V. A 1.—Step sideways with L leg, and arms on chest.

2.—Bend body sideways to the L side and thrust arms above the head, both legs are kept stiff, and the arms in a line with the body, *i.e.*, leaning over to the L side.

3.—Return to the first position.

4.—Close L foot on R and arms down.

5-8.—Repeat 1-4 to the opposite side.

VI. A 1.—Step back with L leg and arms on chest.

2.—Make $\frac{1}{4}$ -L turn on the toes, bend body forward, and thrust arms horizontally forward at height of shoulders, *i.e.*, in a line with the trunk.

3.—Make a $\frac{1}{4}$ -R turn, straighten body and arms on chest, *i.e.*, back to position 1.

4.—Close L foot on R and arms down.

5-8.—Repeat 1-4 to the opposite side.

GROUP II.

NOTE.—In this group the hands are open, with the palms of the hands turned towards each other in raising the arms forward and above the head, but palms downwards in extending the arms sideways, whereas in raising the arms above the head from this position, the palms are turned towards each other.

I. B 1.—Lunge sideways to the L with L leg and raise arms forward to height of shoulders.

2.—Raise arms above the head.

3.—Lower arms forward to height of shoulders.

4.—Close L foot on R and arms down.

5-8.—Repeat 1-4 to the opposite side.

II. B 1.—Lunge forward with the L leg and raise arms sideways to height of shoulders.

2.—Raise arms above the head

3.—Lower the arms sideways to height of shoulders.

4.—Close L foot on R and arms down.

5-8.—Repeat 1-4 to the opposite side.

III. B 1.—Lunge sideways to the L with L leg and raise arms sideways above the head.

2.—Straighten L knee and bend R knee (*i.e.*, change over to lunge position R), and lower arms sideways to height of shoulders.

3.—Change over to lunge position L and arms sideways above head, as in 1.

4.—Close L foot on R and arms down.

5-8.—Repeat 1-4 to the opposite side.

IV. B 1.—Lunge forward with L leg and raise arms forward to height of shoulders.

2.—Straighten L and bend R knee, make quarter of a circle upwards and then outwards with the arms, they thus crossing sideways at height of shoulders.

3.—Return to lunge position L, as in 1, and reverse the arm movements of 2, thus returning to position 2.

4.—Close L foot on R and arms down forward.

5-8.—Repeat 1-4 to the opposite side.

V. B 1.—Lunge sideways to the L with L leg and raise arms sideways above the head.

2.—Step with the L leg well BEHIND the R leg (the legs are thus crossed), bending, at the same time, the R knee, and fold the arms on the back.

3.—Lunge sideways to the L with L leg and raise arms sideways above head.

4.—Close L foot on R and lower arms sideways.

5-8.—Repeat 1-4 to the opposite side.

VI. B 1.—Lunge forward with the L leg, making, at the same time, a $\frac{1}{4}$ -L TURN on the ball of the R foot (thus facing in the direction of what was originally the L side), and raise arms forward above the head.

2.—Step well back with L leg, thus coming to lunge position R, and arms down forward and to the rear in a line with the L leg.

3.—Return to position 1.

4.—Close L foot on R, make a $\frac{1}{4}$ -R turn, and arms down forward.

5-8.—Repeat 1-4 to the opposite side.

EXTENSION EXERCISES.

ARRANGED BY A. BARNARD.

SHOWN AT THE ORION DISPLAY, APRIL 4th, 1895.

The men (numbered off by threes) are lined up at full distance in two columns of three single files each, *i.e.*, six men abreast in open formation.

NOTE.—Simultaneously with the files Nos. 1 and 3 executing the movements marked 1 and 3, the No. 2 files (which previously stepped back one full pace) execute the groups of exercises marked 2. The exercises are then REVERSED, the Nos. 1 and 3 files executing the movements previously performed by No. 2 files, and the No. 2 files performing those done by Nos. 1 and 3 files. The terms INSIDE and OUTSIDE used refer to the position occupied relatively by the men in files 1 and 3 towards each other.

GROUP I.—Nos. 1 AND 3 EXECUTE THE FOLLOWING MOVEMENTS:—

1.— $\frac{1}{4}$ -turn to inside on inside heel, pace to rear with outside leg, inside knee bent, outside arm obliquely forward high, inside arm obliquely to rear.

2.— $\frac{1}{4}$ -turn, straighten inside and bend outside knee, swing raised arm upward and downward, and swing the other arm upwards to oblique forward high (exact reverse of position 1).

3.—Same as 2.

4.— $\frac{1}{4}$ -turn to front, close outside foot to inside foot, swing arms to forward position, and then to attention.

5-8.—Exactly reverse preceding four movements.

9-16.—Execute eight movements of Nos. 2, but start 1-4 with $\frac{1}{4}$ -turn inwards on inside heel, and 5-8 with $\frac{1}{4}$ -turn to outside on outside heel.

NOS. 2 EXECUTE THE FOLLOWING MOVEMENTS:—

1.—Squatting position, arms sideways.

2.—Extend L leg to rear, resting on toes; L hand on ground, R arm forward.

3.—Same as 1.

4.—Rise to erect position, keeping arms sideways, and then down sideways.

5-8.—Repeat preceding four movements with R arm and leg.

9-16.—Execute eight movements of Nos. 1 and 3, but without the $\frac{1}{4}$ -turn at 1 and 5.

GROUP II.—Nos. 1 AND 3.

1.— $\frac{1}{4}$ -turn inwards on inside heel, and advance outside leg to fencing position, raise outer arm to striking position, inner arm crossed on back.

2.—Lunge forward with advanced foot, strike with raised arm to oblique position forward high, arm off back obliquely to rear.

3.—Retire advanced foot to position 1, but straighten advanced knee, and bend rear knee, swing arms up above the head, and bring the hands down and clasp them behind the head bending head back.

4.— $\frac{1}{4}$ -turn to front, closing advanced leg back to attention, raise arms above head, palms together, and smartly down forwards.

5-8.—Exactly reverse above four movements.

9-16.—Execute 1-8 of Nos. 2, but start 9-12 with $\frac{1}{4}$ -turn to inside on inside heel, and cross outer leg behind inner, and reverse the turn for 13-16.

Nos. 2.

1.—Cross L leg behind R, toes being in a line, arms sideways high palms together.

2.— $\frac{1}{4}$ -turn L on toes, bend body forward, arms down forward touching ground with fingers.

3.—Squatting position, arms crossed on chest.

4.—Rise, $\frac{1}{2}$ -turn L on R toe, then stretch arms sideways and down sideways.

5-8.—Repeat, turning R-about, with R leg crossed behind L at 5.

9-16.—Execute 1-8 of Nos. 1 and 3, but without the $\frac{1}{4}$ -turns at Nos. 1 and 5.

GROUP III.—NOS. 1 AND 3.

1.—With a $\frac{1}{4}$ -turn to inside on inside heel, throwing position, viz., short pace to rear with outside foot, bending outside knee; outside arm raised to throwing position on outside shoulder, palm upwards, inside arm horizontally forwards, palm up.

2.—Throw, viz., lunge forward with outside leg, hurl with outside arm, and swing inside arm down and up to oblique rear.

3.— $\frac{1}{4}$ -turn to front, bringing advanced foot back to first position, thus coming to straddle position sideways, raise arms obliquely sideways high.

4.—Close outer leg to inside, and arms down sideways.

5-8.—Exactly reverse preceding four movements.

9-16.—Execute the eight movements of Nos. 2, but start 1-4 with a $\frac{1}{4}$ -turn inside on inside heel, and lunge forwards with outside foot, reversing the turn and lunge for 5-8.

Nos. 2.

1.—Lunge forward L, arms sideways.

2.— $\frac{1}{4}$ -turn R to lunge position, forwards R, swing arms up above head, then bend body and clasp hands round R thigh.

3.—Same as 1.

4.—Position.

5-8.—Repeat R.

9-16.—Execute the eight movements of 1 and 2 without the $\frac{1}{4}$ -turn at 1 and 4, and 5 and 8.

GROUP IV.—NOS. 1 AND 3.

1.— $\frac{1}{4}$ -turn to inside on outside heel, drop to squatting position with hands between legs (as though picking up weight).

2.—Rise and swing arms forwards high, at same time advance L leg and bend R knee.

3.—Lunge forward with L leg, straightening R knee, arms down forwards to height of shoulders.

4.— $\frac{1}{4}$ -turn to front and arms down.

5-8.—Reverse the preceding four movements.

9-16.—Execute 1-8 of No. 2, but start with $\frac{1}{4}$ -turn to inside on inside heel, advancing outside foot at No. 9 and reversing at No. 13.

Nos. 2.

1.—Advance L leg and bend R knee, fists on chest.

2.—Lunge forward L leg, L arm obliquely high, R arm obliquely down.

3.—L leg to rear, bending R knee, and arms crossed in front of face.

4.—Arms down forward, and close L leg to attention.

5-8.—Reverse preceding four movements.

9-16.—Execute 1-8 of No. 1 and 3, starting with L leg, and omitting $\frac{1}{4}$ -turns at 1 and 5.

EXTENSION EXERCISES.

SHOWN AT THE 21ST FRENCH INTERNATIONAL GYMNASTIC MEETING, HELD AT PERIGUEUX ON JUNE 2ND & 3RD, 1895.

The above Extension Exercises were performed as "Mass" movements by all competitors. Each movement was executed in four beats (120 beats to the minute), except where otherwise stated.

GROUP I.

1.—Raise arms forward (thumbs up) and step forward with the L leg, 1-4.

2.—Extend arms sideways (palms up), step sideways to the L with L leg, 1-4.

3.—Raise arms above head (palms turned towards each other), step back with L leg and bend body back slightly, look upwards, 1-4.

4.—Arms down forward, and close L leg on R to "attention," 1-4.

5-8.—Repeat the above four movements to the R, 1-16.

9.—Half-R turn, 1-2. Remain in this position, 3-4.

Repeat this Group, but at the finish come to the "stand-at-ease" position with the arms folded on the back.

GROUP II.

1.—Bring fists on to the chest for thrusting.

2.—Thrust upwards and look up, bending back slightly.

3.—Three-quarter circle inwards with the arms, the arms coming up sideways level with the shoulders, and jump to the side straddle position.

4.—Quarter-L turn on the heels, and bend L knee.

5.—Half-R turn on the heels, and bend R knee.

6.—Quarter-L turn on the heels, bend L knee, bend L arm (L arm bent across chest in a horizontal position), L fist in front of R shoulder, lower the R arm to the R rear, and bend the head back slightly.

7.—Lower the L arm and bring both arms up forward level with shoulders, close R foot on to L, and sink to the full squatting position.

8.—Attention, $\frac{1}{4}$ -turn L, 1-2. Remain at attention, 3-4.

Repeat the whole Group, finishing up with "stand-at-ease" as described in Group I.

GROUP III.

1.—Raise L lower leg vertically forward, *i.e.*, bent at knee (thigh in horizontal position), and immediately lower it again, bend arms for thrusting, fists on chest, elbows back, 1. Raise

and lower the R leg in the same manner, and thrust forward (horizontally) with the arms, 2. Raise and lower the L knee sideways and bend the arms, the fists being above the shoulders and arms horizontal sideways level with shoulders, 3. Raise and lower the R knee sideways, and thrust sideways with the arms, 4.

2.—Bend the arms as before (as at 3), 1. Thrust upwards, 2. Remain thus, 3-4.

3.—Circle the arms forward and downward, 1; and continue circling to the rear and upwards, at the same time lunge forward with L leg, 2. Bend the body forward and bring both arms to the L of the L leg, 3. Remain thus, 4.

4.—Half-R turn on the heels and bend the R knee, the R arm swinging obliquely up above the head, and the L arm obliquely down to the L rear, 1-4.

5.—Raise the L foot off the ground and raise the L leg to the rear to a horizontal position, the body being in the front lever position, the L arm swings forward obliquely above the head, and the R arm down to the rear in a line with the L leg, 1-4.

6.—Half-L turn and lunge forward with L leg, and swing arms above the head, 1-4.

7.—Circle forward twice with the arms, 1-2. Half-R turn on the heels and bend the R knee, 3-4 (arms are above the head).

8.—Lower the arms sideways and close feet to attention.
Repeat this Group.

GROUP IV.

1.—Raise the arms sideways and bend them, so that the tips of the fingers touch the shoulders (*i.e.*, lower arms nearly vertical), step with L leg behind R (legs crossed), 1-4.

2.—Half-L turn, kneel down on R knee, thrust arms above the head, look up, 1-4.

3.—Rise and lunge forward with R leg, bend the body slightly forward, bring arms down and to the rear in a line with the legs, 1-4.

4.—Step sideways to R with R leg, straightening the legs, swing the arms up sideways level with the shoulders, 1-4.

5.—Quarter-L turn, bend L knee and bend body forward slightly, bend the L arm in front of the head (as a guard), R arm down obliquely to the rear.

6.—Half-R turn on the heels to the foil fencing position (both knees are slightly bent), the L arm is raised above the head obliquely to the rear and bent at the elbow, the L hand being level with the head; the R arm is bent, R fist level with the chest, R elbow at side as for thrusting position in foil fencing, 1-4.

7.—Thrust forward with R arm, 1. Lunge forward with R leg, straightening L leg, L arm obliquely down to the L rear, 2. Remain thus during 3-4.

8.—Half-L turn, close R foot on L, and come to attention, 1-4.

Repeat this Group.

GROUP V.

1.—Lunge forward with L leg, bend body and head back, swing the arms up sideways, and clasp hands behind the head, 1-4.

2.—Step back with the L leg (straight), bending the R leg, swing arms obliquely forward above the head, the arms, body, and L leg being in a straight line, 1-4.

3.—Close L foot on R and sink to full squatting position, extending the arms sideways at height of shoulders, 1-4.

4.—Extend R leg to the R side (R heel only touches the ground), the L arm supporting the body, R arm raised above the head, L leg remains bent, look upwards, 1-4.

5.—Place the R hand on the ground at shoulder width from the L hand, making a $\frac{1}{4}$ -L turn on the toes of the R foot, 1. Extend the L leg to the rear, thus coming to the front leaning rest, 2. Remain thus, 3-4.

6.—Bend the arms in this position, without touching the ground with the body, 1. Remain thus, 2. Straighten the arms again, 3. Remain thus, 4.

7.—Squat, with feet between the hands, 1. Swing the arms up forward to height of shoulders, 2. Rise to attention, lowering the arms forward, 3. Remain thus, 4.

8.—Quarter-L turn, 1. Remain in this position, 2-4.

Repeat the whole Group.

GROUP OF DUMB-BELL EXERCISES.

(56 MODERATELY EASY MOVEMENTS).- *Weight of Bells 4 lbs. each.*

NOTE.--In swinging the arms up or down, forwards, sideways, or backwards, THEY SHOULD BE KEPT RIGIDLY STIFF, the same applies to the legs in stepping or straddling.



Fig. 1



a.

b.

Fig. 2



Fig. 3



Fig. 4

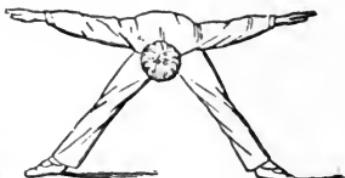


Fig. 5

A 1.—Raise arms forwards to height of shoulders, as in Fig. 1.

2.—Raise arms forwards above the head, as in Fig. 2.

3.—Lower arms sideways to height of shoulder, as in Fig. 3.

4.—Arms down to the side to attention, as in Fig. 4.

5-8.—Repeat 1-4.

B 1.—Raise arms FORWARD, as in A1, and STEP FORWARD, with L leg (Fig. 1).

2.—Raise arms FORWARD above head, as in A2, and bend L knee (Fig. 2 shows this with R knee bent).

3.—Lower arms FORWARD to position B₁, and straighten L leg.

4.—Arms down, and close L leg on to R to attention.

5-8.—Repeat B₁₋₄, but STEP FORWARD WITH THE R LEG.

C₁.—Raise arms SIDEWAYS to height of shoulder, and STEP SIDEWAYS with L leg (Fig. 3).

2.—Raise arms SIDEWAYS above head and bend the L knee.

3.—Lower arms SIDEWAYS to position C₁, and straighten the L leg.

4.—Arms down, and close L leg on to the R to attention.

5-8.—Repeat C₁₋₄, but step sideways with R leg.

D₁.—Raise arms forward above the head, and STEP BACK with L leg, bending the body slightly back.

2.—Lower arms forward to height of shoulders, and STEP FORWARD with L leg, as in Fig. 1.

3.—Extend the arms sideways, and step sideways with L leg, as in Fig. 3.

4.—Arms down sideways to the side, and close L leg on to the R to attention.

5-8.—Repeat D₁₋₄, but step backwards, forwards, and sideways with R leg.

E₁.—Raise arms forward above head, and LUNGE FORWARD WITH L LEG (Fig. 2a shows this with R leg lunging).

2.—Swing arms down forward and obliquely to the rear, and BEND BODY FORWARD, as in Fig. 2b.

3.—Arms up above head, and straighten the body to position E₁.

4.—Arms down forward, straighten L leg and close it to R leg to attention.

5-8.—Repeat E₁₋₄, but lunge with R leg.

F₁.—Raise arms up sideways to height of shoulders, and STRADDLE SIDEWAYS, legs as in Fig. 5.

2.—BEND BODY FORWARD in this position (Fig. 5).

3.—Rise, and arms up sideways, as in F₁.

4.—Arms down sideways, and close legs to attention.

5-8.—Repeat F₁₋₄, but in bending forward cross the arms on the back.

G₁.—Raise arms forward above the head, and STRADDLE FORWARD, with L leg in front, BENDING THE BODY BACK SLIGHTLY.

2.—Swing arms down forward and obliquely to the rear, and BEND BODY FORWARD, bending the L knee, as in Fig. 2b.

3.—Return to first position.

4.—Arms down forward, and close legs to attention.

5-8.—Repeat G₁₋₄, but straddle forward with R leg.

See also "DUMB-BELLS," All England Series, price 1/-.

IRON WAND EXERCISES.

COMPOSED BY J. J. HAPPEL, ANTWERP,

AS SHOWN AT THE INTERNATIONAL GYMNASTIC COMPETITION,
HELD AT ANTWERP, JUNE 16th AND 17th, 1894.

LENGTH OF WANDS, ONE YARD.



Fig. 1.



Fig. 2.



Fig. 3.

The gymnasts were lined up in open formation at $\frac{3}{4}$ -distance, *i.e.*, about $1\frac{1}{2}$ yards apart, carrying the Wands on the L side, as in Fig. 1. On the order: "Wands in front of body—Place"; the R arm is raised and bent in front of the face, the R hand grasping the upper end of the Wand at 1, as in Fig. 2, and at 2 the R arm is brought down again to the side, as in Fig. 3. Each group of exercises starts from this position. Each movement starts on the command—"One," and the men remain in the position taken up at 1 during the second, third and fourth beats.



Fig. 4A



Fig. 4B



Fig. 5A



Fig. 5B

GROUP I.—FIRST EXERCISE.

1.—Step to the L with L leg, bend both knees to half squatting position, raise the Wand to height of chest, changing grasp to reversed grasp (Fig. 4A).

2.—Rise and step with L leg obliquely to the R in front of R leg, turn the head to the R, lower the L arm, then raise it obliquely forward above the head and bring the R hand over the L shoulder, as in Fig. 4B.

Repeat this Exercise four times, and on the 9th beat come to attention, closing the L foot on to the R.

SECOND EXERCISE.

1.—Step to the R with the R leg and bend both knees to half squatting position and bring the Wand above the head and behind the back, as in Fig. 5A.

2.—Rise and step with the R leg obliquely to the L in front of the L leg, turn the head to the L, raise the arms above the head, the R arm coming obliquely down forward and the L arm under the R armpit (Fig. 5B).

This Exercise is repeated four times, then return to "ATTENTION," closing the R foot on to the L.



Fig. 6A Fig. 6B



Fig. 7B Fig. 7A

THIRD EXERCISE.

1.—Sink to full squatting position, making a $\frac{1}{4}$ -R turn and cross the arms—L arm over R (Fig. 6A).

2.—Rise and lunge with the L leg to the L, turn the head and trunk slightly to the R side, extend the R arm down and sideways to the R and raise the L arm above the head (Fig. 6B).

Repeat this Exercise four times (four turns); on the 9th beat come to "ATTENTION," closing the L foot on to the R.

FOURTH EXERCISE.

1-2.—Repeat the third Exercise, but to the opposite side (Fig. 7 A B).



Fig. 8D Fig. 8A & C Fig. 8B



Fig. 9B Fig. 9C Fig. 9A Fig. 9D

FIFTH EXERCISE.

1.—Step back with L leg and kneel on L knee, bring the Wand above the head and on the neck (Fig. 8A).

2.—Rise and lunge forward with the L leg, bend the head and trunk back slightly, bring the Wand over the head and lower the R arm obliquely down to the R rear, bend the L arm with L hand over the R shoulder (Fig. 8B).

- 3.—Repeat Exercise 1.
- 4.—Half L turn and kneel on R knee (Fig. 8c).
- 5.—Repeat Exercise 2, but REVERSE the leg and arm movements (Fig. 8d).
- 6.—Step back with R leg and kneel on R knee and bring the Wand behind the neck.
- 7.—Half R turn, kneeling on L knee.
- 8.—Repeat Exercise 2.
- 9.—Repeat Exercise 1.
- 10.—Half L turn, kneeling on R knee.
- 11.—Repeat Exercise 5.
- 12.—Repeat Exercise 6.
- 13.—Half R turn and rise to attention, closing the L foot on the R.

SIXTH EXERCISE.

- 1.—Step back with L leg and kneel on L knee, bend the arms on chest with reversed grasp (Fig. 9A).
- 2.—Rise and step back with R leg, bend head and trunk back slightly, extend the L arm obliquely forward above the head, bring the R arm over the head and R hand over L shoulder (fig. 9B).
- 3.—Step forward with R leg and kneel on L knee and arms on chest, as in 1 (Fig. 9A).
- 4.—Half L turn and kneel on R knee (Fig. 9c).
- 5.—Repeat Exercise 2, but reverse arm and leg movement (Fig. 9d), *i.e.*, read R for L and L for R.
- 6.—Repeat Exercise 3, but step forward with L leg and kneel on R knee.
- 7.—Half R turn, kneel on L knee.
- 8.—Repeat Exercise 2.
- 9.—Repeat Exercise 3.
- 10.—Half L turn and kneel on R knee.
- 11.—Repeat Exercise 5.
- 12.—Repeat Exercise 6.
- 13.—Half R turn and come to "ATTENTION," closing the L foot on to the R.

GROUP II.—IN PAIRS.

On the completion of the first group, the men shoulder the Wand over the R shoulder, and the men in the first and third column make a $\frac{1}{4}$ -L turn, and those of the second and fourth column make a $\frac{1}{4}$ -R turn. The men in the even ranks place the Wand over the L shoulder in four movements, as in Fig. 1-3, and step one pace forward; they then get the command to place the upper end of the Wand on the ground (by lowering it forward) to the L of the man standing in front of

them, the men in the odd ranks place the end of their Wands in like manner to the R of the men standing behind them (Fig. 10). The men in both ranks then bend their knees

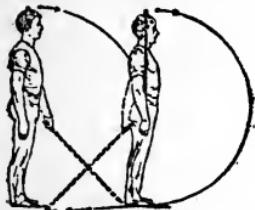


Fig. 10



Fig. 11

and grasp the free end of their partner's Wand (Fig. 11), whereupon they rise again and bring the arms down to the side to attention (Fig. 12). This is the position in which each of the following exercises start.

Each exercise is executed twice.

FIRST EXERCISE.

1.—Raise the L leg to the rear, and swing the L arm to the rear (Fig. 13). (This movement is executed on the first beat.)

2.—Lunge forward with L leg, bend the arms, with the hands under the armpits, (Fig. 13). (This movement is executed on the second beat; remain in this position during the third and fourth beats.)

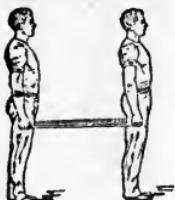


Fig. 12



Fig. 13



Fig. 14

3.—Bend the body forward, and thrust down with the arms (Fig. 14). (This movement is done on the fifth beat, and remain in this position during the sixth, seventh and eighth beats.)

4.—Rise to the attention at nine, closing the L foot on the R. (Remain in this position for three beats, viz., during ten, eleven, twelve.)



Fig. 15

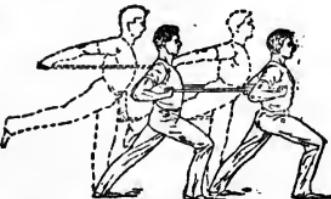


Fig. 16



Fig. 17

5-8.—Repeat 1-4 to the opposite side (Figs. 15-17).

SECOND EXERCISE.

NOTE.—Work in the same cadence as indicated for the above exercise.

1.—Raise the L leg and L arm forward (Fig. 19).

2.—Lunge to the rear with the L leg and bend both arms (hands under armpits) (Fig. 19).

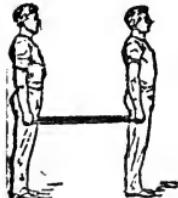


Fig. 18



Fig. 19

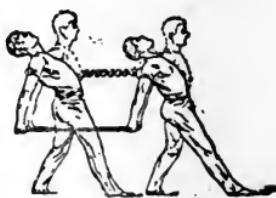


Fig. 20

3.—Bend the head and trunk back and arms down (Fig. 20).

4.—Come to attention, closing the L foot on R.

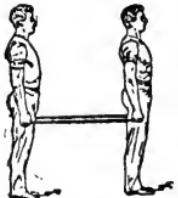


Fig. 21



Fig. 22

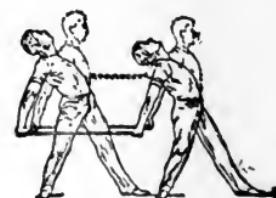


Fig. 23

5-8.—Repeat 1-4 to the opposite side (Figs. 21-23).

THIRD EXERCISE.

In the same cadence as Exercise 1.

The men in the odd ranks step forward one short step.

1.—Raise the L leg sideways to the rear (behind the R leg), and swing the Wands sideways to the R (the man in front swings the Wand behind his back, and the man in the rear swings it in front of his body) (Fig. 25).



Fig. 24



Fig. 25



Fig. 26

2.—Lunge sideways to the L with L leg and bend arms (hands under armpits) (Fig. 25).

3.—Bend the head and body to the L side and arms up sideways (the L arm obliquely down, R arm obliquely up) (Fig. 26).

4.—Come to attention, closing L foot on R.



Fig. 27



Fig. 28



Fig. 29

5-8.—Repeat 1-4 to the opposite side (Fig. 27-29).

On the completion of this exercise, the men in the odd ranks step back again one short pace.

FOURTH EXERCISE.

Executed in the same cadence as Exercise 1.

1.—Raise the L leg and L arm sideways to the L (Fig. 31).

2.—Lunge obliquely sideways to the R with the L leg (in front of R leg), and bend the arms, bringing the fists on the shoulders (Fig. 31).



Fig. 30



Fig. 31



Fig. 32

3.—Turn the head and body to the R, and raise the arms above the head (Fig. 32).

4.—Come to attention, closing the L foot on R.



Fig. 33



Fig. 34



Fig. 35

5-8.—Repeat 1-4 to the opposite side (Figs. 33-35).

On the completion of these Exercises the men of the odd ranks release the grasp of the Wand which they are holding in the R hand, and bring the Wand which they grasp with the L hand down by the side of their L leg, and shoulder it again over the L shoulder.

NOTE.—A book on Wand Exercises will shortly be published by the Proprietors of "THE 'GYMNAST' AND ATHLETIC REVIEW."

FIGURE MARCHING EXERCISES.

SUITABLE FOR TROTTING.

ANGLEMARCH, COUNTERMARCH, OBLIQUEMARCH, CIRCLE AND MAZE.

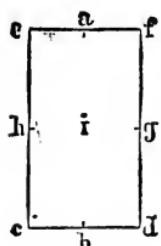


Fig. 1

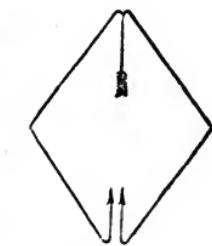


Fig. 2

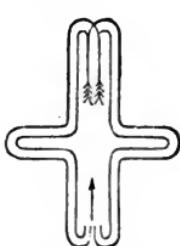


Fig. 3

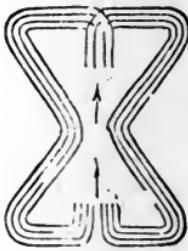


Fig. 4

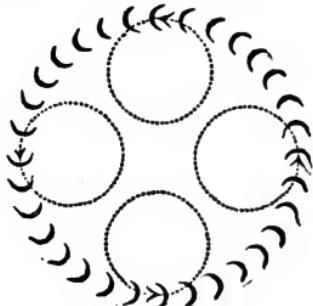


Fig. 5



Fig. 6

Number off the first four men of the file to act as leaders.

March in single file from B to A (Fig. 1) through the centre I, when arrived at A, OBLIQUEMARCH BACKWARDS, alternately L and R to H-B and G-B respectively, as per Fig. 2, from here repeat the first movement, but IN PAIRS through the centre to A, forming pairs at the point B where the single files met. At A COUNTERMARCH in pairs, alternately L and R to the centre I, thence ANGLEMARCH in pairs to H and G respectively, from here again COUNTERMARCH L and R in pairs to the centre I, thence ANGLEMARCH L and R to B as per Fig. 3. At B form fours by wheeling L and R, and march through the centre to A, from here ANGLEMARCH in fours, alternately L and R to the corners E & F, thence OBLIQUEMARCH backwards in fours to the centre I, and further ANGLEMARCH to the corners C and D respectively, then OBLIQUEMARCH towards B, and form eights, as per Fig. 4. In eights through the centre I to A, here divide the eights into fours by wheeling L and R in fours, and marching to E-I-C and F-I-D to B, as in Fig. 4, in fours through the centre to A, here divide into pairs, wheeling alternately L & R, and COUNTERMARCH outwards in pairs to I, then ANGLEMARCH

to H and G, thence COUNTERMARCH to I and ANGLEMARCH to B, as in Fig. 3. At B form pairs and repeat the whole of the previous figure, but in SINGLE file from A, alternately L and R via H to B and via G to B, here form single file and march round in ONE LARGE CIRCLE to the L, from this position form FOUR SMALL CIRCLES to the L, as per Fig. 5, again form ONE LARGE CIRCLE to the L, then ONE LARGE MAZE to the L (Fig. 6), Countermarch and form ONE LARGE CIRCLE to the R, then FOUR SMALL MAZES to the R, Countermarch to form ONE LARGE CIRCLE to the L, form a STAR of four arms, the leader of each file marching from the Circle to the centre I, here form pairs and march in twos to A and B respectively (each file making a L and R turn at I, and marching obliquely backward to A and B respectively), here the pairs divide again into single file, and march obliquely backward to H and G, where they form pairs and march to the centre I, here form fours by L and R wheel in twos and march forward and out at A.



Fig. 1



Fig. 2

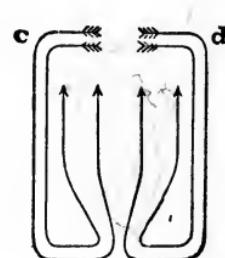


Fig. 3



Fig. 4

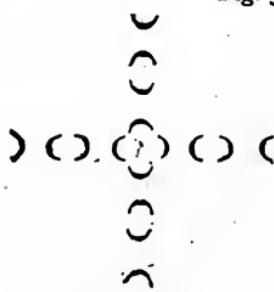


Fig. 5

Sixteen men formed up in a column of four files march in single file from A to B (Fig. 1), at B ANGLEMARCH L and R alternately (the odd numbers to the L., even numbers to the R.) in single file, wheeling at the corners, when arrived again at A, form pairs as in Fig. 1, and march on to B in pairs, here divide the pairs and COUNTERMARCH OUTWARDS L and R in single file, COUNTERMARCH INWARDS at A as in Fig. 2 and

on to B, ANGLEMARCH L and R alternately in pairs as in Fig. 2, continue wheeling at the corners and form fours at A (Fig. 3), march forward to B four abreast and extend the lines sideways to full arm's length by raising both arms up sideways in marching forward. HALT! FOR FIRST GROUP of EXTENSION EXERCISES.

After the first group of exercises is completed, each two files COUNTERMARCH INWARDS, forming pairs ; when arrived at the bottom of the hall, countermarch inwards again, forming TWO SINGLE FILES, march to the top and ANGLEMARCH to B, here form ONE SINGLE FILE, marching down to A, and form ONE LARGE CIRCLE in single file. From this position form a STAR of four arms, the first, fifth, ninth and thirteenth man making a $\frac{1}{4}$ turn towards the centre of the circle and marches forward to the centre point, the other three men behind him following their leader and leaving two paces distance between each man in order to execute the SECOND GROUP OF EXTENSION EXERCISES. Then follow EIGHT PACES ANGLEMARCH R of each file of four men, and COUNTERMARCH L in eight paces, repeating these movements four times, thus bringing the men back to their original star formation ; ANGLEMARCH R in four paces IN Twos, as indicated by the dotted lines in Fig. 4 to OPEN SQUARE FORMATION, in which position the THIRD GROUP OF EXTENSION EXERCISES is performed.

EACH PAIR COUNTERMARCHES L IN FOUR PACES in single file, and TWO PACES ANGLEMARCH L, coming back to STAR formation but facing outwards, all L turn and FOUR QUARTERS L WHEEL in star position, each line coming back to its place of starting when wheeling ; open the lines sideways to the R to one pace distance and halt. The odd numbers in each file (*i.e.*, the first and third man) make a R turn, and the even numbers, 2 and 4, a L turn, two and two thus facing each other as in Fig. 5 for the FOURTH Group of Extension Exercises.

At the conclusion of the Fourth Group of Extension Exercises all even numbers L about turn and all four files ANGLEMARCH R and form a large SQUARE to the R, marching out at B.

FIGURE MARCHING IN THREE SIMPLE FIGURES

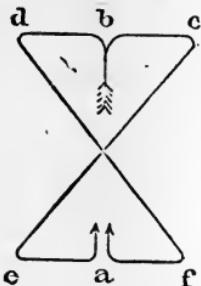


Fig. 1

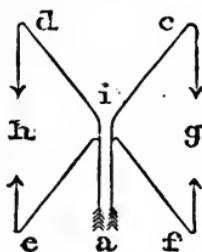


Fig. 2

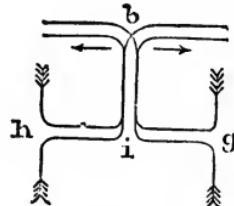


Fig. 3

Start marching round the hall in a single file until arrived at A, Fig. 1, from here march through the centre in single file to B, here divide alternately L and R in single file, all odd numbers marching to D and all even numbers to C. From the corners C and D make an obliquemarch through the centre to EA and FA respectively, the files intersecting in the centre at the point of meeting. At A form pairs and march to the centre I, where the pairs again divide; the leader on the L of the first pair marching to the corner D and on to H, the leader on the R of the first pair goes to CG; the L leader of the second pair goes to E and H, and the R leader of the second pair to FG. The third pair following the first pair, and the fourth pair following the second, thus forming a star, as per Fig. 2.

At H and G the single files coming from the corners form pairs again and march to the centre I, and thence in pairs to B, the L leader of the pair coming from H and the R leader of the pair coming from G forming a pair by making at I a $\frac{1}{4}$ -L and R turn respectively, and march on together to B. In the same way the R leader of the pairs coming from H and the L leader of the pairs coming from G form pairs at I and march to B. (See Fig. 3.)

Repeat the whole of the previous figures, but read for single file, "DOUBLE FILES," and for double files read, "IN FOOURS," then repeat the whole once more IN FOOURS AND EIGHTS.

When the eights have marched from I to B, divide L and R into fours at B, the fours on the L wheeling to the L, and the fours on the R to the R, and follow the lines indicated in Fig. 1. At A march IN FOOURS to I, and obliquemarch in pairs to the corners, &c., as in Fig. 2, the pairs forming fours again at H and G and march via I to B, as in Fig. 3. Here the fours divide again into pairs, and the whole of the previous three figures are then repeated. Finally, each L leader marches to the L at B, and every R leader marches to the R and follows the lines of Fig. 1, the men finishing up by marching in a single file from A to B.

The above can also be executed AT A TROT.

FIGURE MARCHING IN FOUR FIGURES.

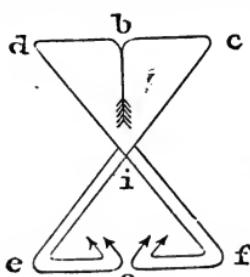


Fig. 1

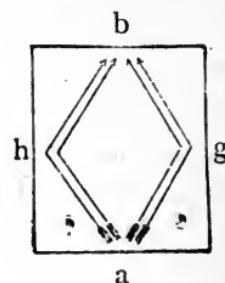


Fig.

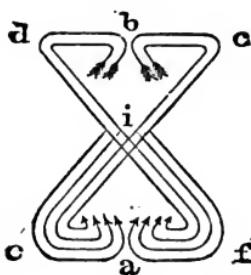


Fig. 3

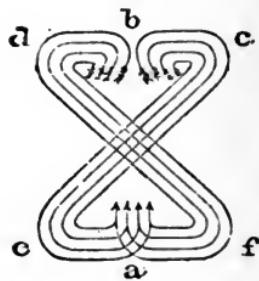


Fig. 4

In continuation of the preceding Group of Figure Marching, the following exercises will be found to work well as an addition to that group.

March in SINGLE FILE from A to B, Fig. 1. From B the odd numbers march to D and I, and the even numbers to C I. At I the single files coming from corners D and C form PAIRS. The FIRST PAIR marching via F to A, the SECOND PAIR via E to A, the THIRD PAIR following on the lines of the first pair, the FOURTH following the second, &c., Fig. 1. From A the ODD PAIRS march via G to B, and the EVEN PAIRS via H to B, Fig. 2.

At B, Fig. 3, the pairs again wheel to the L and R, the odd pairs marching via C to I, and the even pairs via D to I. At I they form FOOURS, the first line of fours marches via E to A, and the second line of fours marches via F to A, Fig. 3. From A the odd lines of fours (*i.e.*, those between E and A) march via H to B, and the even lines of fours (*i.e.*, those between F and A) march via G to B, *i.e.*, on the same lines as Fig. 2, BUT IN FOOURS.

At B wheel in fours to the L and R, the fours on the L marching via D and F to A, and the fours on the R via C and E to A, the lines of four INTERSECTING at the point of meeting, viz., at I, an odd and even line passing each other alternately at I, as per Fig. 4.

At A reform fours and march IN FOURLS through the centre to B, where the fours COUNTERMARCH alternately to the L and R, and at the opposite end of the hall COUNTERMARCH INWARDS to form EIGHTS at A, from where the eights march forward into position for Extension or Dumb-Bell Exercises.

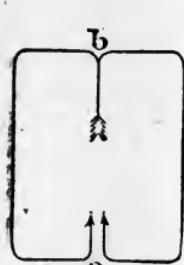


Fig. 1



Fig. 2



Fig. 3

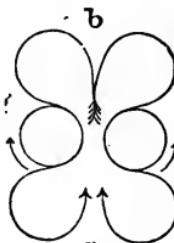


Fig. 4



Fig. 5

March round the hall in single file to A, thence in single file to B, here wheel L and R (the odd numbers L, even numbers R), and march on the lines of Fig. 1 until arrived at A (Fig. 2), thence march in double file through the centre until nearly arrived at the top B, where the double file again divides into single file, by wheeling L and R, and continue marching in a winding course, describing a figure eight, as in Fig. 2. When arrived again at A (Fig. 3) march in double file unto the centre, where the files divide by circling to the L and R, as shewn in Fig. 3, the men in each file intersecting at the point of meeting in forming the two circles, and thence march on in double file to B. From here repeat the previous figure (Fig. 2), but in DOUBLE FILE instead of single file, and when arrived again at A form files of fours and repeat Fig. 3 in DOUBLE FILES, finishing up in fours at B where the fours divide into double files by wheeling L and R in pairs, and march along the course described by Fig. 2. At A reform double files, march through the centre to B, and here divide

again into single files following the course shewn in Fig. 4; the men in each file intersecting again as before in forming the circle at the point where each circle is closed and thence on to A and B from where this figure is repeated, but in DOUBLE FILE. When the fours arrive at A re-form double files, march through the centre to B, here divide into single file and follow the course shewn in Fig. 2, but this time INTERSECT in the centre at the point of meeting. From A form ONE LARGE CIRCLE to the L in single file, and from this position form FOUR SMALL CIRCLES to the L, as in Fig. 5, re-form one large circle to the L and then repeat Fig. 5, but form four small circles TO THE RIGHT and from the circle form FOUR MAZES to the R ; counter-march to the L in each maze and re-form one large circle to the L and march out in single file at B.

FIGURE MARCHING IN FOUR FIGURES.

ANGLE, OBLIQUE AND COUNTERMARCH.

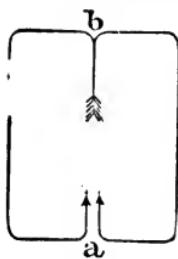


Fig. 1

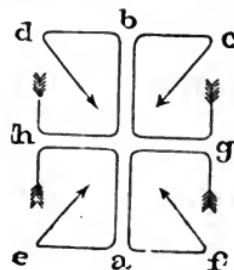


Fig. 2

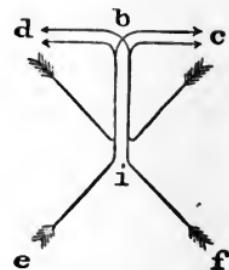


Fig. 3

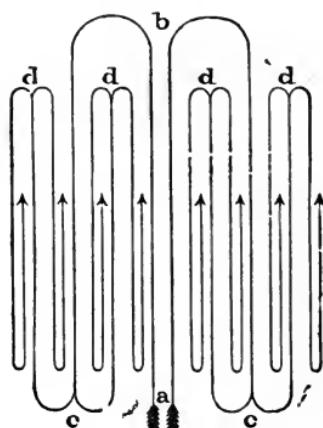


Fig. 4

Start in double file, march round the hall until arrived at A, march through the centre to B, Fig. 1, here wheel alternately L and R in double file and continue wheeling until

arrived at A again where a line of fours is formed, march to the centre of the hall, where the two INSIDE MEN of each line of fours, *i.e.*, Nos. 2 and 3, march straight on to B, while the two OUTSIDE MEN, *i.e.*, Nos. 1 and 4, countermarch to the outside, viz., L and R, thus returning again to A. From B the file on the L wheels to the L to D, and the file on the R wheels to the R to the corner C, Fig. 2, while the men on the L at A wheel to the L to the corner F, and those on the R to the corner E, Fig. 2. At the four corners each file continues wheeling until the file coming from C meets the file from F at the point G, whereas the file coming from D meets the file coming from E at the point H, Fig. 2. At G and H respectively form double files and march to the centre, as per Fig. 2, here divide the pairs again and follow the lines indicated in Fig. 2 until arrived at the corners E, F, C and D respectively. From the corners march OBLIQUELY in single file to the centre I, as indicated in Fig. 2 and 3. Here the files coming from the corners D and C, Fig. 3, form twos, making $\frac{3}{8}$ -L and R turn, thus facing now and marching on towards B, the files coming from the corners E and F form the other set of pairs at I, and march forward to B. The files C D form one set of pairs and the files E F form the other set of pairs, each set marching ALTERNATELY forward towards B. When arrived at B wheel L and R in twos and repeat the whole of the above movements, but IN TWOS. When the FOOURS have finally arrived at B, Fig. 3, wheel to the L and R in twos, march to A, Fig. 4, and thence IN TWOS to B. COUNTERMARCH L and R IN SINGLE FILE to C, (leaving about three or four paces distance between each file), Fig. 4. At C again countermarch L and R alternately in each file, in single file to D, Fig. 4. Again countermarch L and R in each file, and finally at the bottom of the hall all files countermarch to the L as in Fig. 4, thus coming to open formation for extension or wand exercises, OR REVERSE the whole of the above movements, which will bring the men back to their original position at starting.

FIGURE MARCH.

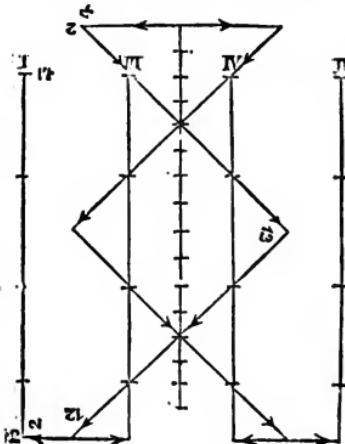
SUITABLE FOR A DUMB-BELL, WAND OR INDIAN CLUB
SQUAD AT A DISPLAY.

The accompanying illustrations are so clear that but a brief explanation is necessary in order to enable our readers to follow the movements shewn in our sketches.

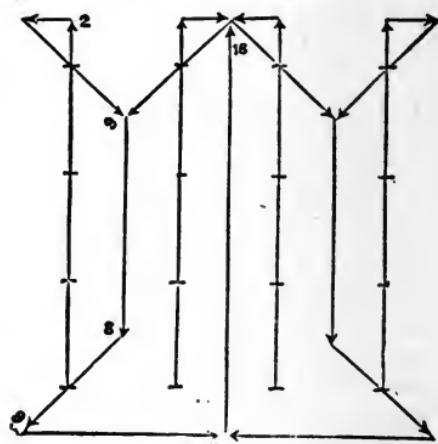
The figures A I., II., III. and IV. indicate the lines followed

by the men in the squad WHILE MARCHING INTO POSITION for the various exercises. The figures B I., II., III., IV., indicate the lines followed by the men *after* the performance of a group of exercises, *i.e.*, THE CHANGE FROM ONE FORMATION TO ANOTHER. Sixteen men are required to perform these figures, and the space occupied by them must be 16 paces square. After the completion of each of the formation shown in figure A I., II., III., IV., a fresh group of exercises is shown, *i.e.*, four groups in all.

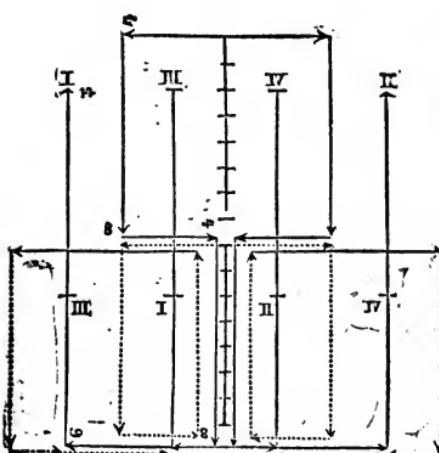
For figure I. all men march IN THE SAME DIRECTION (*i.e.*, describe the same figure as No. 2 or No. 1 men respectively). See line followed by No. 2 on figures A I. and B I. whereas for figures II. and III. all men having higher numbers than 8 (*i.e.*, Nos. 9-16), and for figure IV. numbers 5, 9, 13, and 16 respectively GO INDEPENDENTLY OF Nos. 1-8 ALONG THEIR OWN NEW LINES and describe the



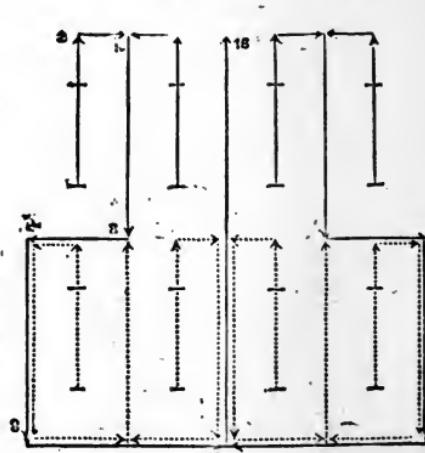
A I.



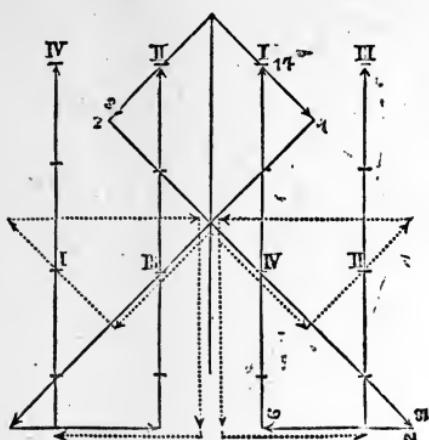
B I.



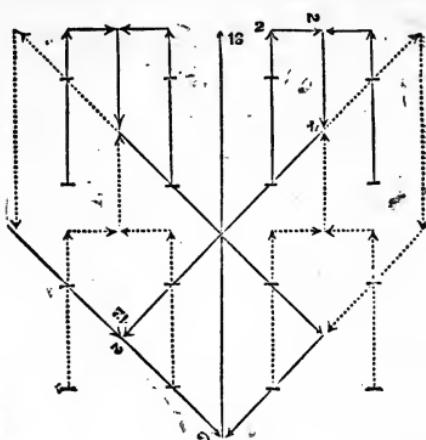
A II.



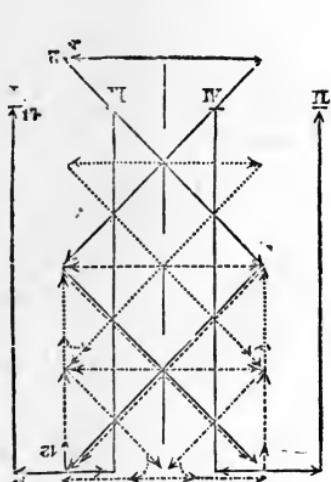
B II.



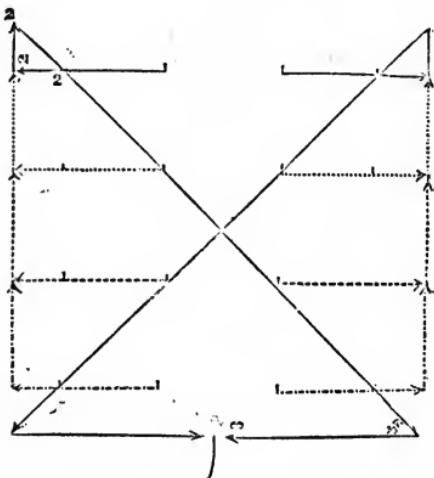
A III.



B III.



A IV.



B IV.

figures as shown by the LIGHT DOTTED LINES in figures II., III. and IV.

At the commencement of the last figure all make a R or L-turn respectively (*i.e.*, face inwards), so that the men march forward in the direction of the arrow. The numbers which appear on the figures indicate the number of paces to be taken by the No. 1 man in the execution of part of or the whole figure

NOTE.—A book on Figure Marching is now being compiled by the author of this work.

HORIZONTAL BAR.

ABBREVIATIONS :—El.—Elementary; M.D.—Moderately Difficult;
A.—Advanced.

THREE GROUPS OF EXERCISES ON THE LOW HORIZONTAL BAR.

(Showing three degrees of difficulty of Exercises.)

GROUP I.—ELEMENTARY.

All Exercises start from the side rest with ordinary grasp.

1.—Swing the body up to the rear with straight legs and hollow back, and off to the side stand facing the bar.

2.—Underswing to the side stand, with back to bar.

3.— $\frac{1}{2}$ -R circle of L leg, and $\frac{1}{2}$ -L circle of R leg, with a $\frac{1}{4}$ -L turn to cross stand. Repeat Exercise 3, but leg circles in reversed order.

4.—Bring L leg over bar outside L hand, drop into L hock, rise in L hock, $\frac{1}{2}$ -L circle of L leg and underswing off. (Repeat with R leg.)

5.—Circle back to rest and flank vault L to side stand. (Repeat with flank vault to the R.)

6.— $\frac{1}{2}$ -R circle of L leg, and then $\frac{1}{2}$ -L circle of R leg to back rest, $\frac{1}{2}$ seat circle back (roll off) to side stand. (Repeat 6, but reversed.)

7.— $\frac{1}{2}$ -R circle of L leg, and $\frac{1}{2}$ -L circle of R leg, $\frac{1}{2}$ -L turn to front rest, circle back and underswing off to the side stand.

GROUP II.—MODERATELY DIFFICULT.

8.—Squat on bar with L foot, jump off backward to the side stand, and flank vault L to the ground.

9.—Squat over the bar with L leg to side riding rest, drop back into the hang on the L knee, rise in L hock, $\frac{1}{2}$ -L circle of R leg with a $\frac{1}{4}$ -L turn to the cross stand.

10.—Squat over with L leg, drop back to the side leaning hang, and $\frac{1}{2}$ mill circle forward (the L leg remaining stiff) to side riding rest, $\frac{1}{2}$ -L circle of L leg and underswing off.

11.—Squat over with L leg to the side seat on L thigh, drop back to side leaning hang, and $\frac{1}{2}$ mill circle forward to rest, $\frac{1}{2}$ mill circle backward, $\frac{1}{2}$ mill circle forward to seat, $\frac{1}{2}$ -L circle of L leg to front rest, and clear circle backwards to stand behind the bar.

GROUP III.—ADVANCED.

12.—Drop upstart and continue, as in Exercises 1-3 & 5.

13.—Clear circle, drop upstart, and then continue as in Exercises 1-11.

14.—Drop upstart and $\frac{1}{2}$ -R circle of L leg, drop back into hang on L knee, rise again in L hock and make a $\frac{1}{2}$ -R turn of body and with change of grasp, drop into R hock, rise and $\frac{1}{2}$ -R circle of L leg to the ground with back to bar.

15.—Clear circle, drop upstart, squat over bar between hands with L leg, $1\frac{1}{2}$ mill circle back, squat backward under bar with L leg, and squat forward under bar with R leg, rising again in R hock, mill circle back, drop and squat under bar with R leg, upstart and clear circle back to the ground.

16.—Underswing upstart, clear circle, drop upstart, squat over bar with both legs, seat circle backwards, flank vault back and underswing off.

HIGH.—SLOW EXERCISE.

1.—EL.—Pull up with ordinary grasp to bent arm hang until the chin touches the bar, then raise the R elbow above the bar and afterwards raise the L elbow above the bar, until you come to the bent arm rest, and jump off to the rear.

2.—EL.—Same as 1, until the bent arm rest, then press up to the rest and sink either quickly or slowly to the hang, or jump off to the rear.

3.—M. D.—Pull up slowly as in Exercise 1, but with the legs in the $\frac{1}{2}$ lever position to bent arm hang, rise with both arms simultaneously to bent arm rest, make a $\frac{1}{2}$ -R turn (releasing grasp of R hand) to back bent arm rest, $\frac{1}{2}$ turn to front bent arm rest, press up to rest and flank vault L to ground, or sink slowly with the legs in $\frac{1}{2}$ lever position to the hang and off.

(HIGH.)—QUICK EXERCISE.

1.—M. D.—Swing with ord. grasp, at the end of the second forward swing make a $\frac{1}{2}$ -R turn round the R arm, coming to combined grasp hang, squat with R leg between hands under bar, and rise in R hock to riding rest (*i.e.*, $\frac{1}{2}$ mill circle forward), make a $\frac{1}{2}$ -R turn of body over the bar, the L leg making a R circle, and releasing the Gr. of the L Hd., thus coming to front rest on other side of the bar, underswing off.

2.—M. D.—Swing with ord. Gr. and make a $\frac{1}{2}$ -R turn as above, squat through hands under bar with R leg, and $\frac{1}{2}$ mill circle forward to riding rest, as in Ex. 1 (but WITH STIFF LEGS), change Gr. of L Hd. to reversed Gr. and mill circle forward to riding rest, R circle with L leg and $\frac{1}{2}$ -R turn of body to front rest on other side of bar, clear circle backward, and underswing off with a $\frac{1}{2}$ -R turn to ground.

E. 1.—Hang with ordinary grasp, raise and drop legs repeatedly, nearly touching the chest with the knees.

2.—Raise legs forward, touching the bar with the toes, then pull up to bent arm hang so that the knees touch the bar, and drop again to the hang.

3.—Start as in 2, and from the bent arm hang bring L leg under the bar, and outside the L hand, swing in the L hock, the R leg swinging back, and rise to seat on L thigh, drop again in L knee, bring L leg forward under the bar and down to the hang.

4.—Swing with ordinary grasp and straight arms by swinging the legs well backwards and forwards and push off to the rear on the end of the back swing.

5.—Jump on to the bar and at once swing with ordinary grasp by immediately bending the arms and swinging the straight legs well up forward, push off behind the bar on the return swing.

6.—In the stationary hang with ordinary grasp, bend arms, raise legs forward, nearly touching the bar with the knees, and throw the legs and body well up forward obliquely, push off on the return back swing.

M.D. 7.—Repeat 6, but continuously, *i.e.*, raise legs at the end of each back swing, and throw legs up in the front swing.

8.—Swing with ordinary grasp, make a L turn round the L arm at the end of the front swing, raise the legs as in Exercise 6, and underswing off in the front swing.

9.—The same as in Exercise 8, but after the L turn rise to bent arm hang on the return back swing, and rise to the straight arm rest in the following back swing.

A. 10.—Swing with ordinary grasp at the end of the second forward swing, make an upstart and bring L leg over the bar to between the hands, $\frac{1}{2}$ -R circle of L leg (cutting away the R hand) to front rest, and underswing off.

11.—Swing and upstart to the rest, making a $\frac{1}{2}$ -L circle of L leg (the L leg cuts away the R hand) to side riding rest, mill circle backwards, $\frac{1}{2}$ -L circle of L leg, clear circle backwards and underswing off.

12.—Swing with the hands close together, make an upstart, straddling the legs at the same time under the bar, and rise to side seat on bar, the hands remaining between the legs, $\frac{1}{2}$ -seat circle back, and underswing off.

Exercises 1-7 should also be practised with COMBINED GRASP, *i.e.*, L ordinary, R reversed grasp, and vice versa.

M. D., HIGH BAR.—1.—SLOW.—Hang with ordinary grasp, and raise knees to hammock hang: return legs and circle to rest: roll forward to bent arm hang: sink to hang.

2.—LOW BAR, QUICK.—Jump to rest with ordinary grasp, and $1\frac{1}{2}$ circle backwards: rise in R hock, outside of R hand: $1\frac{1}{2}$ hock circle back and rise to rest: $\frac{1}{2}$ circle R of R leg, and underswing off to ground.

A. 3.—HIGH, SLOW.—Hang with ordinary grasp: raise L leg to $\frac{1}{2}$ lever, bend and straighten, and drop L leg: repeat with R leg: raise both legs to bar, and go to hammock hang: return to hang, and circle slowly again to the rest: sink to bent arm rest on R arm, making a $\frac{1}{4}$ L turn, and releasing L hand: return to front rest, and drop to bent arm rest on L arm, releasing R hand: make a further $\frac{1}{4}$ R turn, and come to back bent arm rest with reversed grasp: sink through back lever to back hang, and off.

4.—HIGH, QUICK.—Clear circle to the hang with ordinary grasp: upstart to rest, and clear circle backwards: underswing and back up, bringing R leg over bar outside the R hand: $1\frac{1}{2}$ mill circle back; rise in R hock and $\frac{1}{2}$ R circle of R leg: drop upstart and half giant circle backwards to the rest: underswing off.

M.D. 1.—Swing and upstart with ordinary grasp to free rest, $\frac{1}{2}$ -L circle of R leg outside R hand, $1\frac{1}{2}$ -mill circle backwards to hang in R hock, rise again and flank vault R to ground.

2.—Swing and upstart with reversed grasp to free rest, squat between hands with R leg, mill circle forward change grasp to ordinary grasp, $1\frac{1}{2}$ -mill circle backwards, join L leg on to R, *i.e.*, squat forward under bar with L leg, and shoot over bar to ground.

A. 3.—Swing with ordinary grasp and make a L turn round the L arm in the front swing, coming to combined grasp hang, upstart to rest, and make a further L turn and $\frac{1}{2}$ -L circle of R leg over the bar (*i.e.*, front vault R), replacing the R hand in ordinary grasp, $1\frac{1}{2}$ -hock circle back in L hock, rise and flank vault L to back rest, $1\frac{1}{2}$ -seat circles backwards, and shoot over bar to ground.

4.—Upstart with reversed grasp, squat with R leg through hands over bar, mill circle forward to rest, R screw circle with L leg to front rest (*i.e.*, the L leg makes a $\frac{1}{2}$ -R circle, while the body makes a $\frac{1}{2}$ -R turn, the L hand being replaced again in ordinary grasp), drop upstart, flank vault to back rest, clear sit circle backward, change grasp to reversed grasp, clear sit circle forward, make $\frac{1}{2}$ turn to momentary free front rest, underswing, back-up and flank vault to ground.

FOUR ADVANCED EXERCISES ON THE HIGH HORIZONTAL BAR.

1.—Back-up with combined grasp (L reversed R ordinary grasp) to free front rest, and immediately bring R leg over bar outside R hand, drop back into the hang on R knee, rise again and front vault R.

2.—Back-up (ordinary grasp) and bring L leg over bar outside L hand, $1\frac{1}{2}$ -mill circle back, close legs under bar, drop up-start, throw body out to the rear to the hang, and with a $\frac{1}{2}$ -L turn round L arm, UPRISE IN THE FRONT SWING to the front rest, and rear vault off.

3.—Back-up with reversed grasp and squat over bar with R leg, mill circle forward, drop back to hang in R hock, (changing grasp of L hand to ordinary grasp), rise in R hock, and with a $\frac{1}{2}$ -R turn and $\frac{1}{2}$ -R circle of L leg, come TO STRADDLE STAND ON BAR, foot circle back (*i.e.*, standing on bar with the hands between feet)), underswing off.

4.—Back-up ordinary grasp TO SQUATTING STAND ON BAR (hands between legs), foot circle back, underswing off with a $\frac{1}{2}$ -L turn.

GROUP OF EXERCISES ON THE LOW HORIZONTAL BAR.

ARRANGED BY PAUL KÖHLER.

SEAT AND HOCK CIRCLES BACKWARDS AND FORWARDS.

NOTE.—Exercises 1-4 start from the side stand with back to bar, and reversed grasp.

1.—Jump up and $\frac{1}{2}$ -hock circle forward to side seat, seat circle forward, raise legs, bring heels on to bar, with legs in this position circle forward twice (with heels on bar), straighten legs, and jump off forward.

2.—Jump up and $\frac{1}{2}$ -seat circle forward (with straight legs) to free side seat, seat circle forward with straight legs, sink to bent arm back rest and circle forward with back to bar (*i.e.*, in bent arm rest), seat circle forward with straight legs, clear seat circle forward and push off forward to ground with back to bar.

3.—Jump and immediately squat under bar with L leg and rise in R hock, hock circle forward in R hock, raise and extend L leg sideways, place L instep against bar, in this position make a wolf circle forward twice (*i.e.*, in R hock and L instep), straighten and drop L leg and hock circle forward in R hock, making immediately a front vault L to ground.

4.—Repeat Exercise 3, but the R leg squats at the start and hock circle in L hock.

NOTE.—Exercises 5-9 start with grasp as in Exercise 1-4, then take a jump to hang in both hocks, on the first forward swing make a short upstart backwards to the back rest, and immediately :—

5.—L circle of R leg (under L) to free riding rest, mill circle forward, $\frac{1}{2}$ -L circle of R leg, and free seat circle forward twice, push off forward to stand.

6.—The same as Exercise 5, but after the first short upstart, make a second short upstart backwards with straight legs and hollow back, then continue as in Exercise 5, but L leg circling.

7.—Start as in Exercise 6, and after short upstart backwards, make a $\frac{1}{2}$ -L turn to free front rest, at the same time making a $\frac{1}{2}$ -L circle with the R leg, the R leg thus coming outside the R hand, $\frac{1}{2}$ -mill circle back, close R leg on to L leg under bar, short upstart and flank vault L to ground.

8.—Start as in Exercise 6, after the upstart backwards, $\frac{1}{2}$ -R turn to free front rest and short circle forwards with ordinary grasp, make a $\frac{1}{2}$ -L circle of L leg to free riding rest between hands, $\frac{1}{2}$ -mill circle backwards, squat back under bar with L leg, short upstart, flank vault R to ground.

9.—Start as in Exercise 6, after the short upstart backwards, make a $\frac{1}{2}$ -L turn to free front rest, short circle forward with ordinary grasp and flank vault L to back rest, at once two clear seat circles backwards, drop back and squat under bar, short upstart and squat over bar to ground.

All these exercises should be executed without any stoppage or pause whatsoever.

GROUP OF ELEMENTARY, MODERATELY DIFFICULT, AND ADVANCED EXERCISES ON THE LOW HORIZONTAL BAR.

The bar at height of pupils' shoulders. All exercises start with a jump to the front rest with ordinary grasp.

E. 1.—Jump to the front rest with straight arms, push off backwards.

2.—Jump to the rest with straight arms, then raise the L leg sideways to the L to height of bars, return the L leg and off to the rear.

3.—From the rest bring the L leg (stiff at the knees, toes pointed) over the bar, making a $\frac{1}{2}$ -R circle, releasing the grasp of the L hand momentarily as the L leg comes over the bar and between the hands, return the L leg to the L (*i.e.*, $\frac{1}{2}$ -L circle), and off to the rear.

4.—Repeat Exercise 3, but from the riding rest bring the R leg forward, thus coming to the side seat, push off forward.

5.—Repeat Exercise 4, but finish up with a $\frac{1}{4}$ -L turn as the R leg circles forward, thus coming to the cross stand on the off side of the bar.

6.—Repeat Exercise 4, and from the side seat $\frac{1}{2}$ -L circle of both legs (backwards) to the ground (*i.e.*, flank vault backwards to the L).

M.D. 7.—Repeat Exercise 3, then hock circle backwards, $\frac{1}{2}$ -L circle of L leg, and off to the rear.

8.—Repeat Exercise 7, and after the hock circle backwards, bring the R leg forward over the bar (*i.e.*, $\frac{1}{2}$ -L circle), and dismount with $\frac{1}{4}$ -L turn.

9.—Repeat Exercise 8, but change grasp of hands in the riding seat to reversed grasp, hock circle forward, $\frac{1}{2}$ -L circle of R leg to side seat, jump off forward.

10.—Repeat Exercise 8, but after the $\frac{1}{2}$ -L circle of the R leg come to the momentary back rest, rear vault backwards to the L (*i.e.*, the legs swing to the L, the L hand releases its grasp, and the body makes at the same time a $\frac{1}{4}$ -L turn), thus coming to the cross stand on near side of bar.

11.—Repeat Exercise 10, but from the back rest, hock circle backwards and push off forwards.

12.—Repeat Exercise 10, but from the back rest make a $\frac{1}{2}$ -L turn, thus coming to the front rest on the off side of the bar, flank vault L to the ground.

NOTE.—The Exercises, Nos. 7-12, are rendered MORE DIFFICULT by starting with a $\frac{1}{2}$ -L circle of the L leg, *i.e.*, under the R leg, instead of the $\frac{1}{2}$ -R circle as indicated above.

A.—The bar is raised to height of pupils head; each Exercise starts with a jump off a board (the raised part thereof about 4 inches off the ground), placed about a yard from the bar. All exercises START FROM THE FREE FRONT REST, with ordinary grasp.

13.—Squat over bar with L leg, $\frac{1}{2}$ -L circle of L leg to momentary front rest and underswing off.

14.—Squat over with L leg, mill circle backwards, change grasp of L hand to reversed grasp, $\frac{1}{2}$ -L circle of R leg (forward), and $\frac{1}{2}$ -L turn to front rest, one short circle backwards and off to the rear.

15.—Squat over with L leg, squat over with R leg to join the L leg, $1\frac{1}{2}$ -seat circle backwards, squat under bar and underswing off.

16.—Repeat Exercise 15, but in the back rest change grasp to reverse grasp and seat circle forward, push off forward.

NOTE.—The above Exercises, Nos. 13-16, can be varied and made more difficult BY STARTING WITH A SHORT UPSTART OR SHORT CIRCLE. All exercises should also be practised to the opposite side, *i.e.*, starting with the R leg and so on.

EXERCISES ON THE LOW HORIZONTAL BAR.

ARRANGED BY PAUL KÖHLER.

NOTE.—Where not otherwise stated the hands grasp the bar with ordinary grasp.

1.—Jump to the rest and circle forwards, the hands grasping the thighs; grasp the bar again and clear circle backwards twice, underswing to the ground.

2.—Short upstart and squat over the bar with L leg, mill circle backwards, squat back with L leg, upstart and flank vault R.

3.—Circle back to indicate the free front rest, the R leg straddling at the same time over the bar outside the R hand, mill circle backwards, $\frac{1}{2}$ -R circle of L leg and $1\frac{1}{2}$ seat circle back (with hands between legs), close legs and upstart, rear vault L.

4.—Short upstart and straddle over the bar to momentary back rest, clear seat circle backwards with the knees raised and the heels pressed against the bar (circle thus twice), drop back, close the legs under the bar and upstart to the hand-stand, dismount with a high front, flank, or squatting vault.

5.—Short upstart and squat over with R leg to the free riding rest, shears sideways to the L, $\frac{1}{2}$ -L circle of R leg (cutting away R hand), seat circle backwards twice (legs between the hands), drop back to the leaning hang and $\frac{1}{2}$ -seat circle forward, pushing off forward with legs in $\frac{1}{2}$ -lever position (*i.e.*, shoot over).

6.— $1\frac{1}{2}$ -mill circle backwards to the leaning hang in L hock (change grasp of R hand to reversed grasp), $\frac{1}{2}$ -mill circle forward, immediately make a $\frac{1}{2}$ -R turn, and without stopping make a $\frac{1}{2}$ -R circle of L leg, coming to the momentary seat with the legs straddling (*i.e.*, hands between the legs), $1\frac{1}{2}$ -seat circle backwards with legs in this position, close the legs, and upstart, flank vault R.

7.—Short upstart, front vault R (*i.e.*, pivot round the R arm, the R hand retaining its grasp), short upstart (the R hand retains its reversed grasp) screw circle forward in L hock (*i.e.*, the body makes a $\frac{1}{2}$ -R turn, the R leg coming over the off side of the bar, while the hock circle is made in the L hock), front vault L.

8.—Clear short circle, short upstart, $\frac{1}{2}$ -R turn to back rest, seatcircle forward, circle forward twice with knees raised and heels pressed against the bar, jump off forward.

9.—Short upstart, $\frac{1}{2}$ -L turn, and L circle backwards (*i.e.*, screw ci. cle backwards) of L leg to the free riding rest with R leg in front of bar (both hands in reversed grasp), mill circle forward, $\frac{1}{2}$ -R circle of L leg, and immediately clear seat circle forward twice, push off forward.

TWENTY-FOUR EXERCISES ON THE HIGH HORIZONTAL BAR.

DIVIDED INTO THREE GROUPS OF DIFFICULTY.

(P. refers to Illustrations in Puritz's "Code Book.")

GROUP I.—ELEMENTARY.—TURNING ROUND ONE ARM.

1.—Hang with ordinary grasp in the side hang (P. 128), and turn the body L and R as far as possible without releasing the grasp of the hands.

2.—Side hang with reversed grasp, straddle the legs sideways, and turn the body L and R as before.

3.—Side hang with ordinary grasp and make a $\frac{1}{4}$ -L turn round the L arm, which maintains its grasp (*i.e.*, R shoulder comes forward, the R hand releasing momentarily its grasp as the turn is made, and replace the R hand in pike position close to the R of the L hand), the body thus coming to the cross hang (P. 129). Turn back again (*i.e.*, $\frac{1}{4}$ -R turn round L arm, R shoulder goes back) returning to the side hang.

4.—Repeat Exercise 3, but make a $\frac{1}{2}$ -L-(about)-turn round the L arm, which maintains its grasp, coming to the side hang with combined grasp, *i.e.*, facing in the opposite direction to that at the start of the exercise (P. 137). (The R hand releases its grasp while the turn is being made and describes a $\frac{1}{2}$ -circle, passing the L hand, and regrasps the bar again to the R of the L hand with ordinary grasp.) Turn back again, *i.e.*, $\frac{1}{2}$ -R-(about)-turn round L arm (R shoulder comes back), returning to the side hang with ordinary grasp.

5.—Side hang with combined grasp, *i.e.*, R hand reversed and L ordinary grasp. Make a $\frac{1}{2}$ -L-(about)-turn round the R arm, the L hand momentarily releasing its grasp, and replacing it to the L of the R hand in ordinary grasp. Return to the first position by making a $\frac{1}{2}$ -R turn round the R arm.

6.—Repeat Exercise 4, BUT CONTINUOUSLY, *i.e.*, turning alternately round the L and R arm, and with a slight swing of the body.

7.—Repeat Exercise 5, BUT CONTINUOUSLY, the hand which regrasps the bar after the turn is made always grasps the bar with REVERSED GRASP.

The Exercises 3, 4 and 5 should be practised to the OPPOSITE SIDE.

GROUP II.—MODERATELY DIFFICULT.

TURNING ROUND ONE ARM, CIRCLE AND UPSTART.

8.—Swing slightly with ordinary grasp and come off forward in the front swing. (In the back swing the back must be hollow)

9.—Repeat Exercise 8, but make a $\frac{1}{4}$ or $\frac{1}{2}$ -L or R turn before coming off.

10.—Swing slightly with ordinary grasp, and in the front swing make a $\frac{1}{2}$ -L turn round the L arm (releasing momentarily the grasp of the R hand and the legs must remain closed), dismount on the return back swing.

11.—Repeat Exercise 10 repeatedly, turning alternately round the L and R arm.

12.—Repeat Exercise 10, but after the turn raise the toes to the bar, with the knees between the arms, *i.e.*, to side leaning hang (P. 131), lower the legs and alight.

13.—Repeat Exercise 12, and from the side leaning hang, circle the bar to the front rest, change the grasp of the L hand to ordinary grasp and underswing off with a $\frac{1}{4}$ or $\frac{1}{2}$ -L turn before alighting on the ground.

14.—Repeat Exercise 12, but instead of bringing the knees between the arms and toes to the bar, bring the soles of the feet under the bar, keeping the knees and legs straight, *i.e.*, legs straddling sideways, lower the legs again and dismount.

15.—Repeat Exercise 10, but after the turn raise the toes to the bar, keeping the knees stiff (P. 132) and upstart to the front rest, change grasp of L hand to ordinary grasp and underswing, dismounting at the end of the back swing with $\frac{1}{4}$ or $\frac{1}{2}$ -turn before alighting.

All exercises should be practised L and R.

GROUP III.—ADVANCED.

CIRCLES, UPSTARTS AND BACK-UP WITH A TURN.

16.—Form the side hang with ordinary grasp, circle the bar to the front rest, underswing with a $\frac{1}{2}$ -L turn round the L arm (which retains its grasp) to the hang with combined grasp, upstart and push off to the rear with a $\frac{1}{4}$ or $\frac{1}{2}$ -R turn.

17.—Repeat Exercise 16, but after the upstart make a front vault R (*i.e.*, $\frac{1}{4}$ -L turn, bringing R shoulder forward over the bar) to the ground.

18.—Repeat Exercise 16, but after the upstart make a $\frac{1}{2}$ -L turn round L arm over the bar bringing the R leg over the bar, releasing the grasp of R hand as the L turn is made and replace it to the R of the L hand, drop into the L hock outside the L hand, rise again in the L hock and front vault L (L shoulder forward) over the bar to the ground (P. 188).

19.—Repeat Exercise 16, but after the upstart make a screw hock circle forward in the R knee (*i.e.*, when in the rest turn the L shoulder back and at the same time swing the L leg well back, catching the bar with the R hock outside the R hand and circle forward in the R hock), change the grasp of the L hand to ordinary grasp, short upstart and rear vault L or R (P. 189).

20.—Repeat Exercise 19 to the opposite side, *i.e.*, make a $\frac{1}{2}$ -R turn and screw hock circle forward in the L hock, then short upstart and $\frac{1}{2}$ -L turn to the back rest, change grasp to ordinary grasp, drop back and squat under bar with a $\frac{1}{4}$ or $\frac{1}{2}$ -turn before alighting.

21.—With a jump, circle the bar with ordinary grasp to the hang, make a $\frac{1}{2}$ -R turn in the front-swing round R arm and without a pause, make a $\frac{1}{2}$ -L turn (backwards, L shoulder back) round the R arm on the return back-swing and immediately upstart to the rest, drop, and $\frac{1}{2}$ -straddle seat circle forward, making a $\frac{1}{2}$ -R turn over the bar, coming to the front-rest (*i.e.*, a short upstart movement is made, the legs straddling as the shoulders are under the bar, and a $\frac{1}{2}$ -seat circle forward with legs astride the arms is then made, but before the body is in the back-rest a $\frac{1}{2}$ -R turn is made, both hands releasing their grasp momentarily while the turn is made) high underswing off with a $\frac{1}{2}$ -L turn.

22.—Repeat Exercise 21, but start with a back-up, then circle to the hang and $\frac{1}{2}$ -R turn, &c., and after the $\frac{1}{2}$ -straddle seat circle forward with a turn, make a short upstart, $\frac{1}{2}$ -giant circle backward with a $\frac{1}{2}$ -R turn in rising on the other side of the bar, and a high front vault L to the ground.

23.—With a jump and ordinary grasp take a high under swing and immediately make a $\frac{1}{2}$ -L turn (round the L arm) in the front swing, and ON THE RETURN SWING make $\frac{1}{2}$ -R turn round the L arm (R shoulder back and R hand releasing its grasp), and with the same swing make a back-up to the front rest, then proceed as described in Exercise 22, but after the high front vault L make a further $\frac{1}{4}$ -R turn round R arm and come to the front rest on the other side of the bar, high underswing off with a $\frac{1}{2}$ -turn.

24.—With reversed grasp back-up and giant circle forward (P. 157), when the body is over the bar nearly in the hand stand position, squat between hands and seat circle forward, making a $\frac{1}{2}$ -L turn over the bar in rising, short upstart, and giant circle backwards with ordinary grasp; in rising again above the bar from the giant circle backwards (P. 156) make a $\frac{1}{2}$ -R turn in the front swing, and come to reversed grasp handstand over the bar, then make two giant circles forward and dismount with a high front vault L.

NOTE.— All exercises should be practised L and R where possible.

The leader should render careful assistance during the performance of these exercises.



PARALLEL BARS.

ABBREVIATIONS :—EL.—Elementary ; M.D.—Moderately Difficult ; A.—Advanced.

FROM OUTSIDE CROSS-STAND AT ENDS.

1.—EL.—Jump into the cross rest at the ends of bars, and travel forward to $\frac{3}{4}$ distance of bars in straight arms rest, the L and R hand advancing alternately, at the same time swing the L leg up to $\frac{1}{2}$ lever and down again as the L hand advances, and the R leg up and down again as the R hand advances, dismount in front vault position.

2.—Repeat, but swing the R leg up as the L hand advances, and vice-versa, dismount in rear vault position.

3.—Travel forward in straight arms, releasing the grasp of both hands simultaneously, and raising the knees forward, or raise the heels behind the body, swing and dismount in flank vault position.

4.—Repeat Ex. 1/3, but make a $\frac{1}{4}$ -L or R turn after each step to inside side rest, or inside back rest, then make a further $\frac{1}{4}$ -L or R turn back again to cross rest, and proceed with the Exercises as above.

5.—M. D.—Repeat Ex. 1/4, but all in the BENT ARM REST, STARTING Ex. 1 with a R circle of L leg over the L bar to cross rest and finish up with a HIGH FRONT VAULT WITH A $\frac{1}{4}$ -L OR R (OUTSIDE) TURN ; start Ex. 2 with a L circle of R leg over R bar to cross rest, and dismount with a REAR VAULT AND A $\frac{1}{4}$ OR $\frac{1}{2}$ INSIDE TURN ; start Ex. 3 with straddling over both bars to cross rest, and finish up with a FLANK VAULT WITH A $\frac{1}{2}$ TURN.

6.—Right circle of R leg (behind L leg) over L bar to cross rest, with legs in $\frac{1}{2}$ lever, sink to bent arm rest on L arm, release the grasp of the R hand, swing the R arm down between bars and up again, reaching forward to about $\frac{3}{4}$ of arms length, press up to straight arms cross rest, and repeat on the R arm, the L arm going forward (Lion's crawl), thus releasing alternately L and R hand, and travelling to the end of the bars, then repeat the same TRAVELLING BACKWARDS, back again to the end at starting, and straddle off backwards over one or both bars to the ground.

(Front Vault Exercises from the outside side stand.)

1.—EL.—Grasp the near bar with R hand in reversed grasp and L hand in ordinary grasp, jump up to side rest and bring the L hand forward on to the off bar, swing the body up to the rear and make a $\frac{1}{4}$ -R turn, thus coming to cross rest (*i.e.*, front vault L to cross rest) take an intermediate swing, and dismount to the R in the front vault position.

2.—M.D.—Start as in Exercise 1, but instead of coming to the side rest, jump up, making a $\frac{1}{4}$ -R turn and bringing the L hand forward immediately to the off bar, thus doing a front vault L in one movement to the cross rest, pump and travel forward, drop back to upper arm rest, bringing the legs over the face, upper arm upstart, and front vault R with a $\frac{1}{4}$ or $\frac{1}{2}$ -L turn to the ground.

GROUP OF REAR VAULT MOVEMENTS.

Start from the outside cross stand at end of bars facing inwards.

E. 1.—Jump to cross rest and swing body forward between bars and over L bar to outside cross seat on R thigh (the R leg bent, L leg hanging straight down), jump off to the L side.

2.—Repeat Exercise 1, and from the outside cross seat on L bar swing the legs up forward between the bars, and on the return forward swing, carry the body over R bar to outside cross seat on L thigh (reversed position of 1), and jump off forward with a $\frac{1}{4}$ -L turn.

3.—Repeat Exercise 2, but from the outside cross seat on R bar, swing the legs up forward and immediately in rear vault position over L bar to ground (rear vault L).

M.D. 4.—Repeat Exercise 3, but make a $\frac{1}{4}$ or $\frac{1}{2}$ -R (inside) turn of body after the rear vault L, before coming to the ground.

5 8.—Repeat Exercise 1/4, but start each exercise with a rear vault L over R bar to outside cross seat on L bar (*i.e.*, L circle of both legs over bars).

A. 9.—Rear vault L (*i.e.*, L circle of both legs over R bar) to cross rest; rear vault R (*i.e.*, R circle of both legs over L bar), pump and travel forward, L circle of both legs over R bar, and on return swing rear vault over L bar.

10.—Repeat Exercise 9, but after the pump and travel forward drop back on upper arms and make an upper arm upstart before circling legs over R bar, and again upper arm upstart before doing the rear vault L.

11.—Repeat Exercise 10, but after the upper arm upstart make immediately a double rear vault R over both bars (*i.e.*, R circle of legs over L and R bar to ground).

12.—Repeat Exercise 11, but after the upper arm upstart roll back to upper arm hang, back-up on back swing and double rear vault R (as in Exercise 11), but with a $\frac{1}{4}$ or $\frac{1}{2}$ -L or inside turn before alighting.

13-24.—Repeat the whole of the above, but in opposite direction.

NOTE.—In doing a rear vault or circle of both legs over one bar, the legs should be kept rigidly stiff and closed, bending well at the hips, so that the legs are in the half lever position.

FROM OUTSIDE CROSS-STAND AT END.

M. D.—QUICK.—1.—Circle R, with L leg over L bar: circle R with R leg over R bar: $\frac{1}{2}$ circle R with L leg, coming in front of R hand on R bar, and circle L with R leg over both bars to straddle seat: bring hands behind body, swing and travel back two steps: front vault behind hands, with $\frac{1}{2}$ outside turn.

2.—SLOW FROM ENDS.—From bent arm cross rest rise to rest: raise L leg to $\frac{1}{2}$ lever, and then R leg to $\frac{1}{2}$ lever: come to straddle-seat: bring hands forward: raise legs behind, and come to cross rest: travel two steps forward with each hand: travel two steps forward with both hands simultaneously: rise to front leaning rest: swing legs down between bars, and rear vault with a $\frac{1}{2}$ inside turn.

A. 3.—QUICK.—Circle R with L leg, and R leg as in exercise 1: straddle over both bars, and swing to handstand: pump forward and travel one step forward: pump forward and shear mount to straddle seat: bring hands behind body, and drop upstart to handstand: wheel out, *i.e.*, high front vault (behind hands) with a $\frac{1}{2}$ outward turn.

4.—SLOW.—From crosshang at end of bars pull up slowly to rest: raise legs to $\frac{1}{2}$ lever, and from this position rise to handstand: sink through front lever to elbow lever R, and then elbow lever L: return to cross rest, and come to straddle seat in front of hands: bring hands forward and go to double shoulder-stand: roll forward and upper arm upstart to front leaning rest: intermediate swing and double rear vault (over both bars), with $\frac{1}{2}$ inside turn to ground.

GROUP OF SIX ADVANCED EXERCISES ON THE DOUBLE PARALLEL BARS.

TWO PAIRS OF BARS STANDING SIDE BY SIDE.

NOTE.—All Exercises start with a short run to the end of the bars, and jump to the upper arm hang IN THE CENTRE PAIR of bars, then proceed as follows :—

1.—Uprise in the forward swing, the R hand at the same time changes its grasp to TWISTED GRASP (*i.e.*, knuckles pointing TOWARDS THE BODY), on the return swing make a $\frac{1}{2}$ -L turn (backwards) and a rear vault L over the original L and R bar (*i.e.*, the legs pass first from front to rear over the L bar, $\frac{1}{2}$ -L turn releasing grasp of L hand and rear vault over the original R bar), to cross rest on the original outside R pair of bars, swing and front vault L to the ground.

2.—The same to the opposite side.

3.—The same as 1 but start with an **UPPER ARM UPSTART**, then proceed as in Exercise 1 and finish up with a double rear vault L.

4.—Repeat Exercise 3 to the opposite side.

5.—Start as in Exercise 1, and after the rear vault L backwards over the original R bar, front vault R to rest in the centre pair of bars, upper arm upstart and continue as in Exercise 1, finishing up with a wheel-out over the original outside L bar (*i.e.*, high front vault L with a $\frac{1}{2}$ -L turn).

6.—Repeat to the opposite side.

LEANING HANG AND LEANING REST EXERCISES.

BARS AT HEIGHT OF CHEST.

GROUP I.—LEANING HANG FROM THE CROSS-STAND.

NOTE.—Start Exercises 1-9 from the cross-stand between and in the centre of the bars, grasping the bars from below and the outside of the bars, *i.e.*, with the palms of the hands turned towards each other, and thumbs pointing towards the face. (**OUTSIDE GRASP.**)

1.—Sink to the hanging stand below the bars and make a $\frac{1}{2}$ -turn over (*i.e.*, $\frac{1}{2}$ -circle of body) backwards, the body being bent at the hips, and the legs bent at the knees, with the head down and feet up; return to position at starting.

2.—Repeat Exercise 1, and after the $\frac{1}{2}$ -circle backwards, extend the L leg upwards, then repeat with R leg, and finally repeat, straightening both legs.

3.—Repeat Exercise 2, and after straightening both legs, **OPEN THE LEGS SIDEWAYS**, and press hard against the bars with the legs, the body being well bent at the hips.

4.—Repeat Exercise 3, but in straightening and straddling the legs sideways, the body must also straighten at the hips, the legs, body and head thus coming in a straight vertical line.

5.—Make a $\frac{3}{4}$ -turn over backwards, straddle the legs, and place the toes on the bars, thus hanging by the insteps and hands with hollow back under the bars, in the **HAMMOCK** or **NEST-HANG**. This can also be done with resting one foot only on the bar.

6.—Complete turn over backwards to the hanging stand, and then return by turning over forwards.

7.—Repeat Exercise 6, but in making the turn over forwards come to the leaning hang, with L knee on the L bar, the R leg being extended forwards, the hands retain their grasp. Repeat this Exercise, but come to the leaning hang on R knee.

8.—Repeat Exercise 7, but come to the leaning hang on both knees over L and then over R bar.

9.—Repeat Exercise 7, but after the turn over forwards come to the leaning hang on both INSTEPS, *i.e.*, the toes are turned sharply outwards and grip the bars from the inside, the legs being kept straight, the hands retain their grasp.

GROUP II.

LEANING HANG FROM THE OUTSIDE SIDE-STAND, WITH THE HANDS PLACED ON THE NEAR BAR AND FEET ON THE OFF BAR.

10.—From the outside side-stand grasp near bar with ordinary grasp, raise the legs forward, and place the heels from between on the off bar, the body being bent at the hips, legs straight, *i.e.*, leaning hang with feet on off bar.

11.—Repeat Exercise 10, and in the leaning hang extend the L and then the R leg sideways, and then the L and R leg forward (one leg squatting under the bar).

12.—Repeat Exercise 10, but bring the legs further over the off bar, so that the body is straight at the hips, the back being hollow and the UPPER THIGH resting on the off bar.

13.—Raise the legs forward and press with L foot against the off bar, the L knee being bent and R leg raised straight upwards between the bars (*i.e.*, vertical).

14.—Repeat Exercise 13, but the R leg presses against the off bar, and the L leg stretched straight FORWARD (*i.e.*, horizontal) and under the off bar.

15.—Raise legs and press with BOTH FEET against the off bar, with knees and hips bent.

16.—Place the instep (FROM THE OUTSIDE) on the further bar, the toes (turned inwards) gripping the off bar from below and from the outside, the knees being well bent.

17.—Raise the legs and come to the side leaning hang on both knees on the off bar, release one hand after the other and replace them in the reversed grasp on the off bar, then extend the legs to the rear, place the insteps on the original near bar, and let the body sink by hollowing the back, and come to the hammock or nest-hang under the bar. Return by bending at the hips, release the grasp with the feet, come to the hang, and squat feet under bar to ground.

PARALLEL BARS.

All Exercises start from the Cross Stand (facing inwards) at end of Bars.

GROUP I.—ELEMENTARY.

- 1.—Jump up repeatedly to the cross rest at end of bars (arms and legs straight, back hollow, toes pointed downward).
- 2.—Repeat Exercise 1, but each time the jump is made place the hands one step further forward.
- 3.—Jump up to the cross rest and make a $\frac{1}{4}$ -L turn of the body, make a $\frac{1}{4}$ -R turn and dismount (the hands retain their grasp while turning).
- 3A.—Repeat this Exercise turning to the R.
- 4.—Jump to the cross rest and open (*i.e.*, straddle) the legs sideways; close the legs again and dismount.
- 4A.—Repeat this Exercise in the centre of the bar.
- 5.—Jump to the cross rest in the centre of the bar, straddle the legs sideways and make a $\frac{1}{4}$ -L turn of the body, return to the cross rest, close legs and dismount.
- 5A.—Repeat Exercise 5 with a $\frac{1}{4}$ -R turn of the body.
- 6.—Jump to the cross rest and raise the L knee, raise the R knee, lower the legs and jump down.
- 6A.—Repeat Exercise 6, starting raising R knee, then L knee.
- 7.—Repeat Exercise 6, but raise BOTH knees together, remain in this position for two or three beats and down.
- 8.—Jump up to the rest and at the same time raise both knees together, as in Exercise 7, and jump down again. Repeat this several times travelling right through the parallels.

GROUP II.—MODERATELY DIFFICULT.

All exercises start from the cross rest in the centre of the bars, then swing the body to and fro several times, with :—

- 9.—The legs closed and straight.
- 10.—The legs straddling sideways at the end of the back swing, then come to the straddle seat in front of the hands, close the legs and front vault L at the end of the next back swing. (For vaults see illustrations on page 133/134).
- 11.—The legs straddling sideways in the front swing, come to the straddle seat behind the hands, close the legs and rear vault R on the return front swing.
- 12.—Legs straddling FORWARD on the BACKSWING (bringing alternately the L and then the R leg to the front). Then make a $\frac{1}{4}$ -L turn in the front swing coming to the SIDE RIDING SEAT across both bars (*i.e.* facing to the L with the legs

straddling—Fig. 1 shows this position on the horse), dismount by making a $\frac{1}{2}$ -L circle of the R leg and releasing the grasp of the R hand.



Fig. 1



Fig. 2



Fig. 3

13.—Legs straddling forward as in Exercise 12, but in the FRONT SWING, then come to the side riding seat across both bars as in Exercise 12, but BEHIND the hands and with making a $\frac{1}{4}$ -R turn in the back swing, dismount by making a $\frac{1}{2}$ -R circle of L leg and releasing the grasp of the L hand.

14.—Legs straddling sideways in the front and back swing, then come to the straddle seat in front of the hands, close the legs, and on the back swing dismount with a front vault R with a $\frac{1}{4}$ -R (outward) turn.

14A.—Repeat to the opposite side.

15.—Legs straddling forward in the front and back swing (in the front swing the L leg is raised forward, in the back swing the R leg is raised forward), come to the straddle seat behind the hands, close the legs, and in the front swing dismount by a rear vault over the L bar with a $\frac{1}{4}$ -R (inside) turn.

15A.—Repeat to the opposite side.

16.—Both knees RAISED in the front swing and legs straddling sideways in the back swing, then come to the side riding seat across both bars as in Exercise 12, but with a $\frac{1}{4}$ -R turn ; dismount by making a $\frac{1}{2}$ -R circle of L leg and releasing the grasp of the L hand, with a $\frac{1}{4}$ -R turn of the body in dismounting.

16A.—Repeat to the opposite side.

17.—Raising the HEELS in the BACK SWING, and straddling the legs sideways in the front swing, then in the back swing make a $\frac{1}{4}$ -L turn and come to the side riding seat across the bars, dismount by making a $\frac{1}{2}$ -L circle of R leg, and a $\frac{1}{4}$ -I turn of the body.

17A.—Repeat to the opposite side.

GROUP III.—ADVANCED.

Start from the cross-stand at near end of bars, FACING OUTWARDS. All exercises start with a jump to the rest, swing forward, and on the back swing :—

18.—Make a $\frac{1}{2}$ -circle or straddle forward with the L leg over the L bar and come to the ground, i.e. cutting away the L hand.

18A.—Repeat over the R bar the R leg straddling forward.

19.—Come to the RIDING SEAT behind the L hand (*i.e.* on the L bar), swing the body back and straddle off forward over the R bar, *i.e.* reversed of the previous exercise.

19A.—Repeat to the opposite side.

20.—Come to the STRADDLE SEAT across both bars behind the hands, and straddle off forward from this position by pushing the weight of the body forward with both hands, pressing against the ends of the bar.

21.—Come to the FRONT LEANING REST (Fig. 2), then straddle off as described in the previous exercise.

22.—Straddle off forward over both bars immediately, on the first back swing.

23-25.—Repeat Exercises 20 to 22, but the forward and back swings are executed in the LOWER ARM REST (Fig. 3), the arms being straightened again at the end of the back swing, then straddle off.

THIRTY-TWO EXERCISES ON THE PARALLEL BARS.

ARRANGED IN FOUR DEGREES OF DIFFICULTY.

All exercises start from the outside cross stand, *i.e.*, facing the ends of the bars.

GROUP I.—ELEMENTARY.—BARS AT HEIGHT OF CHEST.

1.—Jump up to the cross rest at the end, and travel with straight arms alternately L and R to the opposite end of the bars, dismount with a $\frac{1}{4}$ -L turn of the body.

2.—Grasp the R bar with the L hand and make a R-turn in jumping up to the cross rest at near end (*i.e.*, back of body towards far end), travel backwards with straight arms to far end, straddle off backwards with R leg over R bar.

3-4.—Repeat Exercises 1 and 2, but travel with both hands simultaneously.

5-6.—Repeat Exercises 1 and 3, but travel forward to the far end, AND BACK AGAIN TO THE NEAR END, straddle off with R leg over L bar, *i.e.*, R leg cutting away L hand.

7.—Jump to the cross rest and bend and straighten the arms repeatedly.

8.—Jump to the cross rest and momentarily squat on to the bars.

9.—Jump to the cross rest and momentarily place the insteps on the bars.

10.—Jump to the cross rest and momentarily raise the legs to $\frac{1}{2}$ -lever.

GROUP II.—MODERATELY DIFFICULT.—BARS AT HEIGHT OF SHOULDERS.

11.—Press-up alternatively with the L and then the R arm to the rest and pump swing forward several times.

12.—Press-up to rest as in Exercise 11, sink again to the bent arm rest and travel thus, with L and R hand alternatively to the opposite end of the bar, jump off.

13.—Repeat Exercise 12, but travel in the bent arm rest with both hands simultaneously.

14.—Press-up and sink again as in Exercise 12, then travel with a lion's crawl to the opposite end of bars (*i.e.* the L hand releases its grasp momentarily while the R arm is bent, the L arm swings forward under the bars, regrasps the L bar, and then the body is pressed up again to the rest—then repeat this with the R arm). At the ends, straighten the arms and straddle off forward over both bars.

15.—Repeat Exercise 14, but lion's crawl to the far end AND BACK AGAIN TO THE NEAR END.

GROUP III.—FAIRLY DIFFICULT.

16.—Jump up to the rest, raise the legs forward and rise (bent at the hips) to the shoulderstand on the L shoulder, straighten the body at the hips, let the legs come down slowly backwards, straddle off backwards over both bars.

17.—Repeat Exercise 16, but R shoulderstand and then change over to L shoulderstand and straddle off backwards.

18-19.—Repeat Exercises 16-17, but rise to the shoulderstand with hollow back.

20.—Repeat Exercise 16, but from the shoulderstand L, come down to the elbow lever L, return to the cross rest and rear vault out over the R bar.

21.—Repeat Exercise 20, but change over from the L to the R elbow lever, return to the cross rest and rear vault out over the L bar, with a $\frac{1}{2}$ -R turn.

22.—Repeat Exercise 21, but from the elbow lever R return to the cross rest, raise the legs to the $\frac{1}{2}$ -lever, make a $\frac{1}{4}$ -L turn, the legs coming over the L bar, push off forward.

23.—Repeat Exercise 22 as far as the legs in $\frac{1}{2}$ -lever, then open the legs and come to the straddle seat in front of the hands, bring the hands forward, rise to shoulder stand L and front vault out to the L.

GROUP IV.—ADVANCED.—BARS AT HEIGHT OF HEAD.

24.—From the cross hang below the bars, pull up (with legs in $\frac{1}{2}$ -lever) to the rest above the bar, and sink again slowly to the hang below the bar.

25.—Repeat Exercise 24, and after coming again to the hang below the bar, turn over backwards to the back lever, return to the hang with legs in $\frac{1}{2}$ lever and off.

26.—Rise to the rest as in Exercise 24, lift with hollow back to the elbow lever L, change over to elbow lever R, return to the cross rest, raise the legs to the $\frac{1}{2}$ -lever, sink again to the hang below the bar—off.

27.—Repeat Exercise 26, but rise at once to the handstand (instead of elbow lever), with either bent or straight arms.

28.—Repeat Exercise 27, rising with hollow back and straight arms to the handstand, return slowly to the rest, raise the legs to $\frac{1}{2}$ -lever, open them and come to straddle seat in front of hands, bring the hands in front of the legs, rise to bent arm handstand and front vault out to the R, with a $\frac{1}{2}$ -L turn (*i.e.*, wheel out to the R).

29.—Repeat Exercise 28, but from the bent arm handstand make a $\frac{1}{4}$ -R turn on to the R bar (*i.e.*, both hands grasp the R bar), and bent arm somersault off to the ground.

30.—Repeat Exercise 29, but from the second bent arm handstand, press up to the straight arm handstand, make a $\frac{1}{4}$ -R turn on to the R bar, and squat or straddle off over the R bar.

31.—Press up to the rest, and thence to the straight arm handstand as in Exercise 27, walk along in this position to the centre of the bar, make a $\frac{1}{4}$ -L turn on to the L bar, and somersault off.

32.—Repeat Exercise 31 as far as the handstand in the centre of the bar, then sink slowly through the front lever to the R shoulderstand on the L bar (*i.e.*, the HEAD IS OUTSIDE the L bar in front of the L hand), press up to the handstand and wheel out to the R.

33.—Repeat Exercise 32, but from the last handstand, hop along (in the handstand) to the end and straddle off.

GROUP OF FIFTY PARALLEL BAR EXERCISES, DIVIDED INTO THREE DEGREES OF DIFFICULTY.

ABBREVIATIONS :—R—Right ; L—Left ; P. refers to number of illustrations in Puritz's "Code Book of Gymnastics."

LEG CIRCLES AND STRADDLING EXERCISES.

GROUP I.—ELEMENTARY.

NOTE.—Exercises 1-6, start from the cross-stand, facing inwards, with a jump off a springboard placed at the end of the bars, or a short run may be taken for the start and jump into the cross-rest and in the front swing, come :—

1.—To the RIDING-SEAT on R bar in front of the R hand, close to the legs, swing backward, come off to the ground (P. Fig. 66).

2.—To RIDING -SEAT on the L bar in front of the L hand, and on the R thigh (P. 67) (*i.e.*, the body makes a $\frac{1}{4}$ -L turn, and the R hand comes on to the L bar, the R leg being bent), dismount forward by making a $\frac{1}{2}$ -R circle (forward) of the L leg, *i.e.*, flank vault position (reversed of P. 96) all the weight is put on the R arm, and the L leg cuts away the L hand).

3.—To the OUTSIDE CROSS-SEAT on the R bar in front of the R hand (P. 96), dismount by making a rear vault over I. bar (P. 95).

4.—To the OUTSIDE SIDE-SEAT on R bar (*i.e.*, with both thighs on the R bar by making a $\frac{1}{4}$ -R turn (P. 70) jump off forward.

5.—To the STRADDLE-SEAT across both bars in front of hands (P. 70), rear vault L with a $\frac{1}{4}$ -R turn.

6.—To the SIDE-SEAT OVER BOTH BARS WITH THE LEGS STRADDLING OR FRONT STRADDLE-SEAT (P. 77, but the knee bent). In straddling the legs the body makes a $\frac{1}{4}$ -L turn, the L knee is bent and the R leg straight. Dismount by making a $\frac{1}{2}$ -L circle (forward) with the R leg (reversed movement of dismount of Exercise 2), with a $\frac{1}{4}$ -L turn in a front vault position (P. 97).

Repeat all the above exercises to the opposite side.

GROUP II.—MODERATELY DIFFICULT.

Start with a jump to the cross-rest at the end of the bars facing inwards, and :—

7.—R (or forward) circle of L leg over the L bar (*i.e.*, from the outside of L bar to between the bars without touching the bar with the L leg, and down to the ground immediately, then without a pause repeat with R leg over R bar, *i.e.*, a L-circle over R bar. In circling, the back is raised slightly and the body is bent at the hips.

8.—L (or backward) circle of L leg over the L bar, *i.e.*, from between the bars to the L to the outside and down to the ground, then R (backward) circle of R leg over R bar to the ground. (Compare P. 102, which shows R circle of R leg over R bar).

9.—R (forward) circle of L leg over L bar down to the ground, immediately jump up again to the rest and swing the legs up forward between the bar to the straddle seat in front of the hands, bring the hands forward, close the legs and rear vault over the L bar (P. 95 shows rear vault R).

10.—Repeat Exercise 8, then swing the legs up forward between the bars, and come to the side-rest across both bars in front of the hands ($\frac{1}{4}$ -L turn of body), as described in Exercise 6, dismount as described in Exercise 6.

11.—R circle of L leg over L bar to the cross-rest with L leg held in the half lever position, jump down and imme-

diate swing the legs forward between the bars, and make a $\frac{1}{2}$ -shear movement (P. 78), with a $\frac{1}{4}$ -L turn to side-rest across both bars, as in Exercise 10, but the R leg comes on to the L bar and L leg swings behind the R leg on to the R bar; dismount in flank vault position over the L bar, the L leg making a $\frac{1}{2}$ -R circle and the body resting on the R arm.

12.—Jump up and swing L leg up forward between the bars to the $\frac{1}{2}$ -lever position, L circle of L leg over L bar (backwards) to the ground, and immediately jump up and swing legs forward between the bars with a $\frac{1}{2}$ -L turn of the body to the straddle-seat across both bars (P. 79), behind the hands, close the legs, swing and front vault L to the ground.

13.—R circle of L leg over L bar to the rest with both legs in half-lever positions, and R circle of R leg over R bar to the ground.

Repeat Exercises 7-13 to the opposite side.

GROUP III.—ADVANCED.

From the outside cross-stand at end of bars facing inwards:—

14.—R circle of L leg over L bar to the cross rest, then L circle of both legs over the end of the R bar, *i.e.*, in rear vault position (compare P. 99) to the straddle seat in front of the hands, rear vault over L bar to the ground.

15.—Repeat Exercise 14, but start with a R circle of BOTH legs over L bar, and finish up with a rear vault L with a $\frac{1}{4}$ or $\frac{1}{2}$ -R turn.

16.—Start as in Exercise 14, but make a L circle with both legs over both bars, *i.e.*, L circle of both legs in the rear vault position, over the R and L bar to the outside cross-seat on the L bar, and rear vault R to the ground, with a $\frac{1}{4}$ or $\frac{1}{2}$ -L turn.

17.—Repeat Exercise 16, but make a rear vault R over both bars immediately after the R circle of the L leg. Repeat also Exercises 16 and 17, but start as in Exercise 15, *i.e.*, with a R-circle of BOTH legs over L bar, then proceed as above.

18.—Jump and straddle over both bars into the straddle seat across both bars in front of the hands (P. 76), raise and close the legs and dismount to the rear.

19.—Straddle over both bars as in Exercise 18, but to the cross-rest swing back and make a $\frac{1}{4}$ or $\frac{1}{2}$ -turn before coming on to the ground.

20.—Swing the legs up forward between the bars and straddle back with L leg (*i.e.*, L circle of L leg over L bar) immediately jump again and straddle back with R leg over R bar (P. 102), and without stopping jump up and straddle back with BOTH LEGS (P. 104).

21.—Straddle in over both bars to the rest, swing back to the shoulder-stand L, return to the rest and immediately straddle back with R leg over R bar.

22.—Start as in Exercise 21, swing to the hand-stand, return and straddle back over both bars to the ground.

23.—Straddle in over both bars to momentary rest with both legs in $\frac{1}{2}$ -lever, and immediately straddle back over both bars.

24.—Straddle in over both bars and immediately shear mount with a $\frac{1}{2}$ -L turn to the straddle seat across both bars (P. 79), close legs, swing and straddle off forward over both bars to ground.

25.—Repeat Exercise 24, but from the straddle seat, close legs, swing to the hand-stand, travel to the end of the bars in the hand-stand, and from there straddle or shears off to the ground.

Repeat Exercises 14/25 to the opposite side.

NOTE.—Assistance should always be asked for when exercises like the above 14/25 are practised.

GROUP OF TWENTY-TWO EXERCISES ON THE PARALLEL BARS.

DIVIDED INTO THREE DEGREES OF DIFFICULTY.

LEANING REST, SQUATTING, STRADDLING, AND CIRCLING EXERCISES.

GROUP I.—ELEMENTARY.

All exercises start from the inside side-stand (*i.e.*, side-stand BETWEEN the bars, P. 105), the bar at the REAR of the pupil being SLIGHTLY LOWER than the bar in front of the pupil. The hands grasp the front bar with ordinary grasp; then a jump is made to :

1.—The inside side rest on the front bar, repeatedly (P. 106).

2.—The free inside side-rest, with raising of the hips and body (*i.e.*, the body is well bent at the hips, the legs hang straight down, and body clear of the bar).

3.—The same position as Exercise 2, but the L and then the R leg straddles sideways while in the free rest.

4.—The side seat on the bar at the rear (hips are bent).

5.—The squatting stand of the L foot on the rear bar, the L knee being bent and R leg hangs straight down between the bars.

Repeat Exercise 5, but the R leg squats on to the rear bar.

6.—The same position as Exercise 5, then make a $\frac{1}{2}$ -R circle of R leg over the rear bar and jump off to the rear.

Repeat this exercise to the opposite side, *i.e.*, R leg squatting and L leg circles to the L over the rear bar.

7.—The squatting stand with both feet on the rear bar.

8.—The squatting stand, as in Exercise 7, then straighten and straddle the legs sideways as the jump is made off to the rear.

9.—Squat back with both feet over the rear bar to the ground.

10.—Squat back with both feet over the rear bar to the front leaning rest across both bars (*i.e.*, legs resting on the original rear bar and hands on the front bar, P. 107, but R hand on the off bar), push off to the rear.

GROUP II.—MODERATELY DIFFICULT.

NOTE.—Both bars are raised to the same height.

All exercises start from the INSIDE SIDE STAND AT THE EXTREME END OF THE BARS; the hands grasping the front bar with ordinary grasp, the L side of the body is turned away from the bars, *i.e.*, outwards. JUMP TO THE INSIDE SIDE REST, then :

11.—Make a $\frac{1}{2}$ -L circle of the L leg over the end of the rear bar, the L upper thigh resting on the rear bar, then $\frac{1}{2}$ -R circle of R leg over the rear bar, thus coming to the front leaning rest across both bars ; jump off to the rear.

12.—Half-L circle of R leg (*i.e.*, R crossed behind the L leg) over the end of the rear bar to the rest on the rear bar on the upper thigh of the R leg, then $\frac{1}{2}$ -L circle of L leg over the rear bar to the front leaning rest across both bars, and flank vault R over both bars to the ground.

13.—L circle of L leg over end of bar, as in Exercise 11, but with a $\frac{1}{4}$ -L turn to the riding seat behind the L hand (the L hand comes on to the original rear bar and face outwards), raise the legs to the rear, swing between the bars, and straddle out with R leg over the R bar with a $\frac{1}{4}$ -L turn before alighting.

14.—Repeat Exercise 12, but make a $\frac{1}{4}$ -R turn, coming to the riding seat in front of the R hand (which comes over on the rear bar) on the original rear bar, raise the legs forward and come to the cross rest facing inwards, swing between the bars and straddle back with L leg over the L bar, with a $\frac{1}{4}$ -L turn before alighting.

15.—Make a complete clear L circle of L leg over the end of rear bar (start as in Exercise 11, but with a $\frac{1}{4}$ -L turn of the body, and without touching the rear bar with the L leg, the L hand grasping the original rear bar after the L leg has passed over it, thus coming to the cross rest facing outwards), one intermediate swing (or from the upper arm upstart) straddle out with R leg over the R bar, making a $\frac{1}{2}$ -L turn before alighting.

16.—Make a complete L circle of R leg (behind the L leg) over the end of the rear bar (start as in Exercise 12), and

with a $\frac{1}{4}$ -R turn come to the cross rest facing inwards (the R hand does not grasp the original rear bar until the R leg has passed over the rear bar), take one intermediate swing and straddle out with L leg over the L bar, making a $\frac{1}{2}$ -L turn before alighting.

17.—Clear circle L of the L leg over the end of the rear bar with a $\frac{1}{4}$ -L turn, as in Exercise 15, to the cross rest facing outwards, take an intermediate swing and bent arm somersault to the ground.

18.—Make a complete L circle of R leg over the end of the rear bar, as described in Exercise 16, but make a $\frac{1}{4}$ -L turn instead of R-turn (the L hand grasping the original rear bar after the R leg has passed over the bar); continue the circle of the R leg over the R bar to the feint R position over the R bar (*i.e.*, rest astride R arm), shoulder stand R, bent arm somersault to the ground.

GROUP III.—ADVANCED.

19.—Repeat Exercise 11, but start IN THE CENTRE OF THE BARS FROM THE INSIDE SIDE-STAND, instead of side-rest, and when in the front leaning rest across both bars, make a R circle of R leg (under L leg), then a L circle of L leg (under the R), and a flank vault R over both bars to the ground.

20.—Repeat Exercise 12, but start as in Exercise 19, FROM THE INSIDE SIDE-STAND in the centre of the bar, then from the front leaning rest across the bars make a flank vault R to the stand between the bars and REVERSE the previous part of the exercise, *i.e.*, the L leg starts making a $\frac{1}{2}$ -R circle behind the R leg, and when in the front leaning rest across the bars again, continue with the leg circles described from this position in Exercise 19, and finish up with a front or rear vault over both bars.

FROM THE OUTSIDE SIDE-STAND in the middle of the bar, grasp the near bar with ordinary grasp and :

21.—Make a flank vault L to the inside stand, bringing the hands forward on to the off bar, then squat back over the rear bar to the front leaning rest across both bars, straddle in to the inside side stand between bars, and rear vault R over the front bar to the ground.

22.—Squat in over the near bar to the inside stand, straddle back over the rear bar to the front leaning rest across both bars, squat over the near bar again to the inside side stand, circle R of R leg over the rear bar and immediately flank vault L over the front bar to the ground (*i.e.*, the feet DO NOT TOUCH THE GROUND BETWEEN THE BARS after the R circle of the R leg is made, the R circle and flank vault L being executed as ONE MOVEMENT).

EXERCISES ON THE RINGS.

ABBREVIATIONS:—E.—Elementary ; M.D.—Moderately Difficult ; A.—Advanced.

E. 1.—Swing, with a push-off from the ground, in the forward and back swing.

2.—Swing and raise legs over the face in the back swing and drop them in the forward swing.

3.—Swing and raise legs in the front swing and drop them in the back swing.

4.—Swing and pull up to bent arm rest in the back swing and drop to straight arm hang in the front swing, then reverse this movement.

M.D. 5.—Swing and raise legs over the face in the back swing, drop the legs in the front swing, and, at the same time, come to BENT ARM REST, then repeat in reversed order, *i.e.*, come to bent arm hang in back swing.

6.—Repeat Exercise 5, but come to STRAIGHT ARM REST (*i.e.*, UPSFART TO REST).

7.—Raise legs in back swing and make a complete circle or roll forward of body to the hang in front swing.

8.—Raise legs in front swing and circle or roll forward in the back swing.

A. 9.—Raise legs in the back swing and upstart to bent arm rest in the front swing, as in Exercise 5, then circle or roll forward to the hang in the return swing.

10.—Repeat Exercise 9, but in reversed order, *i.e.*, upstart in back swing and roll forward in front swing.

11-12.—The same as Exercises 9-10, but upstart to STRAIGHT ARM REST, then roll forward.

13.—Swing and BACK-UP to straight arm rest in the back swing.

14.—Swing and uprise to straight arm rest at end of the front swing.

15-16.—Swing and upstart and roll forward as in Exercise 11-12, then back-up or uprise to rest in back or front swing.

THREE GROUPS OF EXERCISES ON THE RINGS.

E 1.—Swing in straight arm hang, and raise (either on the back or forward swing) alternately L and R leg, until it rests on the L (R) arm.

2.—Repeat Exercise 1, but raise and bring L leg over R arm, return, and then raise R leg over L arm.

3.—Repeat Exercise 1, but raise both legs together and straddle legs, resting the L leg against the L arm, and R leg against the R arm.

M.D. 4.—Repeat Exercise 1, but cut away the L (R) hand with L (R) leg. The L (R) hand releases its grasp, while the L (R) leg drops, and then the L (R) hand grasps the ring again.

5.—Repeat Exercise 2, cutting away the hand as in Exercise 4.

6.—Swing and hook L foot in L stirrup at the end of the front swing, and on the return swing turn the body over to the "hammock" hang (R leg straight).

7.—Repeat Exercise 6, but hook R foot in R ring and go to the "hammock."

8.—Repeat Exercises 6 and 7, and then hook both feet in the stirrups and turn over to hammock hang.

9.—Swing, and at the end of the back swing raise L leg to rest on L arm, and rise in L hook on L arm on the front swing, return and repeat R.

A 10.—Repeat Exercise 9, then drop back, cut away L (R) hand with L (R) leg, grasp the stirrup again, and upstart to the rest.

11.—Repeat Exercise 10, and after the upstart, roll forward to the hang and back-up to straight arm rest on the return swing.

12.—Repeat Exercise 11, and after the roll forward, back-up to bent arm rest and press up to bent arm or straight arm balance, with the legs straddling and feet either resting against or clear of the ropes, roll forward in the back swing to the bent arm hang, and at the end of the front swing cut away both hands with the legs from front to rear, *i.e.*, circle back with the legs straddling and cutting away the hands.

NOTE.—The dismount or jump-off for Exercises 1-11 can be done either on the front or back swing, and from the straight or bent arm hang.

THREE GROUPS OF ELEMENTARY, MODERATELY DIFFICULT, AND ADVANCED EXERCISES ON THE RINGS.

GROUP I.—ELEMENTARY EXERCISES.

RINGS PLACED AT HEIGHT OF CHEST OR HIPS.

1.—Stand upright between the rings, grasp both rings at the side of the body and let the body fall backward until it hangs by the straight arms, face upward, back hollow, feet exactly in a vertical line with a point below where the rings are fixed, *i.e.*, HANGING-STAND FACING UPWARD (see Puritz, Fig. 222). In this position bend and straighten the arms repeatedly

2.—Repeat Exercise 1, then open and close the arms, crossing the arms each time they are closed.

3.—Repeat 1 and 2 combined with leg movements, *i.e.*, jump to side straddle position and close legs again.

4.—From the hanging-stand facing upward, bend the arms, straddle the legs, and extend the L and R arm alternately forward and sideways several times.

5.—From the upright stand between the rings let the body fall forward, extending the arms and bringing them above the head, back hollow, feet not to shift from their position at starting, rest on the toes, *i.e.*, HANGING-STAND FACING DOWNWARD (reversed position of Exercise 1). (See Puritz, Fig. 223.)

6.—Repeat Exercise 5 and from there straddle the legs sideways and close them again repeatedly.

7.—Sink back to hanging-stand facing upwards, rise again and drop forward to hanging-stand backwards, and from here rise and step forward with L and R foot alternately.

8.—Sink forward to hanging-stand backwards, swing the body to the R side, swing to hanging-stand forward, swing body to the L side and return to the hanging-stand backward, *i.e.*, the body makes a complete R circle, pivoting on the feet, which do not shift from their place.

9.—Repeat circling the body in the opposite direction.

GROUP II.—MODERATELY DIFFICULT.

THE RINGS ARE RAISED ABOVE THE HEAD TO WITHIN REACH OF THE GYMNAST.

10.—Jump up to bent arm hang on both arms, hands at height of shoulders, and raise L knee and then R knee alternately (legs bent at knees at R angle).

11.—Bent arm hang and raise L knee (leg bent at knee) and extend R leg forward. Repeat in reversed order.

12.—Bent arm hang and raise both legs forward to legs $\frac{1}{2}$ -lever, i.e., stiff at knees.

13.—With a slight push off from the feet make a $\frac{1}{2}$ -turn over backward to the hang with head downward, body bent at hips and legs bent at knees. Return again to hang.

14.—Repeat 13, but L knee bent and R leg raised forward during the turn over. Return to the hang.

15.—Half turn over backward, bent at hips but legs stiff.

16-18.—Repeat Exercises 13-15, but make a COMPLETE TURN OVER BACKWARD.

GROUP III.—ADVANCED EXERCISES.

THE RINGS ARE RAISED ABOVE THE HEAD TO WITHIN REACH OF THE GYMNAST.

19.—Jump up to bent arm hang and at 1 raise first both heels, at 2 both knees, at 3 extend the legs forwards, at 4 straddle the legs sideways, at 5 close legs, at 6 raise the knees on to the chest, at 7 straighten the knees keeping the back hollow, at 8 jump off.

20.—Jump up to bent arm hang, extend the L arm sideways, bend the L arm again and off.

21.—Jump up to bent arm hang and raise the legs forward, extend the R arm sideways, bend the R arm again and off.

22.—Bent arm hang and raise knees till they touch the chest, then extend the L arm FORWARD, bend the L arm again and off.

23.—Repeat Exercise 22, but RAISE the legs forward (stiff at knees) and extend the R arm forward.

24.—Bent arm hang and raise both heels, release grasp of R ring and grasp the L wrist with R hand, return to first position and off.

25.—Bent arm hang and raise both legs forward to $\frac{1}{2}$ -lever, grasp the R wrist with L hand, return to first position and off.

26.—Bent arm hang ON R ARM ONLY (the L hand is placed on the L hip).

27.—Bent arm hang ON L ARM ONLY (the R hand is placed on the R hip).

28-29.—Repeat 26-7 with the legs raised to $\frac{1}{2}$ -lever and straddling the raised legs.

RINGS.

STATIONARY AT HEIGHT OF CHEST.

NOTE.—The figures appended with a P. prefixed refer to ILLUSTRATIONS in Puritz's "Code Book of Gymnastics." Abbreviations :—R—Right; L—Left.

GROUP I.

All Exercises start from the hang below the Rings with straight arms.

1 A.—Make a $\frac{1}{2}$ -turn over backwards to the back leaning hang, with the body bent at the hips, and knees bent (*i.e.*, head down, feet up, P. 235). B.—Return to the hang by making a $\frac{1}{2}$ -turn over forward.

2 A.—Start as in A, Exercise 1. B.—Extend the L leg upwards. C.—Bend L leg again. D.—Come down forward to the hang.

3.—Repeat Exercise 2, but straighten and bend R leg while in the hang, with legs above the head.

4-5.—Repeat Exercises 2 and 3, but extend the L and R leg SIDEWAYS (in front of the Rings).

6.—Repeat Exercise 2, but extend both legs UPWARDS.

7.—Repeat Exercise 2, but extend (straddle) both legs in front of Rings.

8 A.—Make a complete turn over to the back hang with the body bent at the hips, and knees bent (*i.e.*, head up, feet down, P. 140). B.—Drop off to the stand.

9 A.—Repeat A of Exercise 8. B.—Extend the L leg downward. C.—Extend the R leg downward, turning to the hang with both legs straight down (P. 140). D.—Drop off.

10.—Repeat A of Exercise 8. B.—Extend both legs downward, but straddle the legs as they are straightened. C.—Return to the hang by making a complete turn over forward to the hang.

GROUP II.—MODERATELY DIFFICULT.

The Rings are fixed within reach of the pupil.

The Exercises are partly stationary, partly with a swing.

11 A.—Jump to bent arm hang (P. 130). B.—Raise the legs (legs closed and straight), and at the same time drop to straight arm hang.

12 A.—With a run, take a swing. B.—Pull up to bent arm hang at the end of the second forward swing. C.—At the end of the third forward swing, raise the legs and sink to straight arm hang as in the second part of Exercise 2. D.—Swing to and fro in this position.

13-14.—Repeat Exercises 11-12, but straddle the legs in front of the Rings.

15 A.—Repeat Exercise 11, but (B.) make $\frac{1}{4}$ -turn-over, and place the feet in the rings, hollowing the back at the same time, thus coming (C.) to the nest or hammock hang (P. 234, but one foot in each ring).

16 A.—Take a run and swing. B.—At the end of the first BACK SWING, bend the arms. C.—On the return forward-swing make a $\frac{3}{4}$ -turn-over backwards. D.—Coming to the nest or hammock hang as in Exercise 15. E.—Swing to and fro in this position.

17.—Repeat Exercise 15, but place only R foot in the ring and release the grasp of the R hand, the L leg is extended to the rear (P. 234).

18 A.—Repeat Exercise 11, but (B.) make a $\frac{1}{2}$ -turn-over backwards, coming to the hang with feet up and head down (P. 232), the feet may at first rest against the ropes (*i.e.*, LEANING HANG).

19.—Repeat Exercise 18, but WITH A SWING.

20-21.—Repeat Exercises 18-19, but make a further $\frac{1}{2}$ -turn-over backwards (*i.e.*, a complete turn-over), thus coming to the BACK HANG (P. 140, but legs hanging straight down).

GROUP III.—ADVANCED.

THE RINGS ARE FIXED WITHIN REACH OF THE PUPIL.

22.—Raise both legs to a vertical position, coming to the leaning hang (P. 232), straddle L leg, and place the L leg behind the rope on to the L arm (P. 231), and make a $\frac{1}{2}$ -hock circle forward to the rest above the Rings in the L hock, by swinging the R leg well back.—The L leg remains over the L arm—drop back again, close legs and drop off.

23.—Repeat this Exercise with R leg over R arm.

24.—Jump up slightly and make a $\frac{3}{4}$ -turn over forward, and at the same time (when the body gets into the vertical position) straddle the L leg, coming to the position of Exercise 22 (P. 231), and proceed as described in the previous Exercise.

25.—Repeat this Exercise with the R leg over R arm.

26.—Swing to and fro several times, and at the end of the front swing, place L leg over L arm, and rise in the L hock to the rest, on the return back swing as in Exercise 22.

27.—Repeat this Exercise with R leg over R arm.

28.—Three-quarter turn over backwards catching in the L hock to the rest above Rings by jumping off the ground, turning over backwards, and at the same time straddling the legs and rising in L hock (over L arm), *i.e.*, reversed movement of Exercise 22.

29.—Repeat with R leg on R arm.

30-31.—Repeat Exercises 28-29 at the end of a front swing.

HORSE.

ABBREVIATIONS:—El.—Elementary; M.D.—Moderately Difficult;
A.—Advanced; Cr.—Croup; S.—Saddle; N.—Neck.

LONGWAYS WITH POMMELS ON.

Both Exercises start with a short run towards the Croup and with touch on Croup.

1.—**EL.**—Jump and straddle to riding seat on Cr., grasp N pommel with R hand, Cr. pommel with L hand, make a $\frac{1}{2}$ -L turn, and $\frac{1}{2}$ -L circle of L leg, to rest in S., $\frac{1}{4}$ -L circle of both legs, and rear mount R ($\frac{1}{4}$ -R turn) to riding seat on N., front vault L, with a $\frac{1}{4}$ -L turn to ground.

2.—**M. D.**—Rear mount R to riding seat on Cr. (*i.e.*, $\frac{1}{2}$ -R circle of both legs), bring hands forward as in Ex. 1, $\frac{1}{4}$ -L turn and $\frac{1}{2}$ -L circle of L leg, thus coming to rest in S., L circle of L leg, over N and Cr., and further L circle of L leg, with a $\frac{3}{4}$ -L turn of body, pivoting round R arm to riding seat on N (*i.e.*, screw mount on N), shears forward, with hands on N pommel, to riding seat on N, grasp Cr. pommel with L hand, and N pommel with R hand, feint R, and rear vault L over S to ground.

SIDeways WITH POMMELS.

ELEMENTARY FLANK VAULT EXERCISES.

1.—Flank vault swing to the L to side leaning rest L on Neck.

2.—Flank vault L over Neck with a $\frac{1}{4}$ -R turn before alighting to cross stand, or $\frac{1}{2}$ -R turn to side stand.

3.—Flank vault L (*i.e.*, $\frac{1}{2}$ -R circle of both legs) over N to back rest in S., and flank vault back over Cr. to board (*i.e.*, $\frac{1}{2}$ -R circle of legs), flank vault L over N with a turn as in Exercise 2.

4.—Start as in Exercise 3, but instead of coming to the board after the flank vault back over the Cr., COME TO THE REST in S., then feint L over N, and flank vault R over Cr. with a $\frac{1}{4}$ or $\frac{1}{2}$ -L turn.

GROUP OF MOUNTS, VAULTS, AND SHORT EXERCISES.

HORSE SIDEWAYS WITH POMMELS.

NOTE.—When not otherwise stated the hands grasp the pommels.

E. 1.—Rear mount I. to riding seat on the N (*i.e.* $\frac{1}{4}$ -L turn), hands forward and straddle off.

2.—The same on to the Cr.

3.—Front mount to riding seat on N or Cr., dismount in front vault position.

4.—Jump and kneel on one or both knees in the S, jump off forward.

5.—Jump and kneel in the S, the hands being placed outside the pommels, sheep vault off.

6.—Jump and straddle to stand on horse, L foot on N, R foot on Cr., jump off forward.

7.—Jump and straddle to stand on horse, with hands outside or inside the pommels, jump off forward.

8.—Jump and squat with R leg in S and L leg straddling sideways (wolf vault position), jump off forward.

9.—The same as 8, but hands either outside or inside the pommels.

10.—Flank vault over the N or Cr.

11.—Rear vault (*i.e.*, with $\frac{1}{4}$ -L turn) over the N or rear vault (over the Cr. with $\frac{1}{4}$ -R turn).

12.—Front vault over N or Cr.

M. D. 13.—Rear vault over N or Cr. with a $\frac{1}{4}$ or $\frac{1}{2}$ inside turn before alighting.

14.—Front vault over N or Cr. with a $\frac{1}{4}$ or $\frac{1}{2}$ inside or outside turn before alighting.

15.—High front vault over N or Cr. (*i.e.*, going to bent arm handstand first).

16.—Flank vault over N or Cr. with a $\frac{1}{4}$ or $\frac{1}{2}$ inside or outside turn before alighting.

17.—Squat over S, N, or Cr. with a $\frac{1}{4}$ or $\frac{1}{2}$ -turn.

18.—Wolf vault (as in Exercise 8) over S, N, or Cr., with a $\frac{1}{4}$ or $\frac{1}{2}$ inside or outside turn over the horse.

19.—Straddle over S, N, or Cr., with a $\frac{1}{4}$ or $\frac{1}{2}$ -turn before alighting.

20.—Any or all of the Exercises 13/19, but with hands between or outside the pommels.

A. 21.—Place R hand on N pommel and squat over S, making a $\frac{1}{2}$ -L turn directly the feet have left the ground.

22.—Place the L hand on N, R hand on N pommel, squat over N, and with $\frac{1}{2}$ -R turn squat over S to ground (pivot round R arm).

23.—Both hands on N pommel, front vault over N and rear vault over S.

24.—With arms crossed R over L, R hand twisted grasp on N pommel, L hand reversed grasp on Cr. pommel, make a front vault over Cr. to momentary free front rest, and immediately a flank or front vault over N.

25.—Rear vault over N and S or N and Cr. (*i.e.*, double rear vault).

26.—Rear vault over N and Cr., with a further rear vault R (*i.e.*, with a further $\frac{1}{2}$ -R turn) over Cr. The R or L hand is placed on the N or Cr. as the final $\frac{1}{2}$ -turn is made (*i.e.*, triple rear vault).

27.—Start with R hand on N pommel and front vault over the Cr. to momentary free front rest and screw vault over N (*i.e.*, front vault over N with $\frac{1}{2}$ -L turn).

28.—Screw vault over Cr. (R hand twisted grasp on Cr. pommel) to momentary back rest in S, and flank vault back over N.

29.—Place both hands in reversed grasp on Cr. pommel, front vault over Cr. and double rear vault over S.

30.—Place both hands in reversed grasp on N pommel, front vault over S and double rear vault over N.

31.—Place R hand on N pommel, fencing vault over N and rear vault over S.

32.—Place R hand on N pommel, fencing vault over N, and double rear vault over S.

33.—Squat back over S with a $\frac{1}{2}$ -L turn, as in Exercise 21, to free front lever, rise to handstand and squat, straddle, somersault, or high front vault off, or squat through to back rest and roll off backwards.

34.—Place R hand on N pommel and straddle backwards over S (*i.e.*, make a $\frac{1}{2}$ -L turn in straddling).

35.—Straddle over S with a $\frac{1}{2}$ -L or R turn, as in Exercise 34, to momentary free front rest, and straddle off.

36.—Straddle over S with a $\frac{1}{2}$ -L or R turn, as in Exercise 34, to momentary free front rest, press up to handstand, and straddle off or somersault off.

All the above Exercises should be practised to the R and L side where possible.

GROUP OF EXERCISES ON THE HORSE.

(SIDeways WITH POMMELS).

EXERCISES 1-6 ELEMENTARY; EXERCISES 7-16 ADVANCED.

1.—Jump to the free rest in S, grasping the pommels with ordinary grasp, and push off to the rear with hollow back, alighting on the toes. Repeat this several times.

2A.—Jump up to rest in S, raise L leg sideways to the L, close the L leg on R, and alight to the rear.

2B.—Repeat to the R side with R leg.

3A.—Jump up to rest in S, feint L, with L leg over N (*i.e.*, the L leg swings round the L arm over the N and back again), jump off to the rear.

3B.—Repeat to the R with R leg.

4A.—Jump up to rest in S, make a $\frac{1}{2}$ -R circle (*i.e.*, in the direction of the hands of a clock) over the N with the L leg, releasing the L hand momentarily to riding rest in S (L leg between hands); make a $\frac{1}{2}$ -L circle of L leg over N (reverse the previous leg movement), coming to free front rest, and dismount by pushing off to the rear.

4B.—Repeat to the opposite side, *i.e.*, with R leg circling over Cr., *i.e.*, $\frac{1}{2}$ -L and $\frac{1}{2}$ -R circle of R leg.

5A.—Start as in Exercise 4A, and from the riding seat make a $\frac{1}{2}$ -L circle of R leg over Cr., dismounting on the off side of the horse, with the back to the horse.

5B.—Repeat to the opposite side, *i.e.*, starting circling with the R leg over Cr., then L leg over N.

6A.—Repeat Exercise 5A, but instead of coming off after the $\frac{1}{2}$ -L circle of the R leg, come to the back rest in S, raise legs to $\frac{1}{2}$ -lever and push off forward.

6B.—Repeat to the opposite side.

7A and B to 11A and B.—Repeat Exercise 2 to 6, but start each Exercise A with a feint R of R leg over Cr., then continue the Exercise as described above, and for the Exercise B start with a feint L over N, and continue as above.

12A.—Jump up to rest in S and feint L over N, then make a complete L circle of R leg over Cr. and N, and FLANK VAULT R over Cr., *i.e.*, both legs pass over the Cr. with the L side or flank of the body turned towards the Horse, the R hand releasing its grasps as the legs pass over the Cr. Back hollow and legs closed in flank vault.

12B.—Repeat to the opposite side.

13A.—Feint L and L circle of LEFT leg over Cr. and N (*i.e.*, under R leg), and FRONT VAULT over Cr., *i.e.*, the front of the body passing over the Cr. by making a $\frac{1}{4}$ -L or inside turn of the body, and releasing the R hand as the legs pass over the Cr. Hollow back and legs closed and straight in front vault.

13B.—Repeat to the opposite side.

FOURTY-EIGHT EXERCISES ON THE HORSE.

SIDeways WITH POMMELS.

Exercises 1-16 are Elementary; Exercises 17-32 Moderately Difficult; Exercises 33-48, Advanced.

Wolf Vault Movements, as shewn in accompanying Figure.



1.—Take a short run and jump to the rest, kneel with L leg in the S, straddle R leg sideways, and jump off to the rear on to the board. 1A.—Repeat the same exercise to the other side.

2.—Run and kneel with L knee on the N outside the N pommel, then straddle R leg sideways on to the Cr. and dismount to the rear on to the board.

3.—Run, kneel with L knee in the S, make a $\frac{1}{2}$ -L circle of R leg (*i.e.*, cut away the R hand with the R leg), squat with R foot on S, rise and jump off forward.

4.—Jump and kneel with both knees in the S.

5-6.—Repeat Exercise 4, but kneel on N (or Cr.), with hands on the pommels.

7.—Jump and squat to squatting stand in S, jump off forward.

8.—Repeat Exercise 7, but come to the stand upright and jump off to the rear.

9-10.—Repeat Exercise 7, but SQUAT ON N OR CR.

11-12.—Repeat Exercise 8, but squat to UPRIGHT STAND on N or Cr.

13-15.—Squat over S, N, or Cr.

16.—Squat over S, N, or Cr., with a $\frac{1}{4}$ or $\frac{1}{2}$ -turn before alighting.

17.—Jump to the free front rest, and raise the hips and back high, keeping the knees and the feet close to the Horse.

18.—Repeat Exercise 17, but raise the L knee (*i.e.*, squatting on to the S with L foot), and extend (straddle) the R leg sideways.

18A.—Repeat Exercise 18 to the opposite side.

19.—Kneel with R knee in S and extend the L leg sideways, the L foot resting on the N, then swing the legs to the R side (along the near side) and come to the reversed position, *i.e.*, kneel with L knee in S and R leg extended sideways, with R foot resting on Cr., jump off forward.

20.—Squat with L foot on to S and straddle R leg to the R, the R foot resting on the Cr. (*i.e.*, wolf vault R to the stand on the Horse). Then swing the legs to the L and come to

the reversed position, *i.e.*, the R leg squatting in S and L leg extended sideways, jump off forward.

21.—Wolf vault I. to the back rest in S.

22.—Wolf vault R to the ground.

23.—Wolf vault I. with a $\frac{1}{4}$ -R turn (*i.e.*, turning the body to the front vault position).

24.—Wolf vault L with a $\frac{1}{2}$ -R turn (*i.e.*, turning the body to the screw vault position).

25.—Wolf vault L with a $\frac{1}{4}$ -L turn (*i.e.*, turning the body to the rear vault position).

26.—Wolf vault L with a $\frac{1}{2}$ -R turn (*i.e.*, turning the body to the rear vault position, with a further $\frac{1}{4}$ inside turn).

27-32.—Repeat Exercise 21-26 to the opposite side, *i.e.*, to the R.

33.—Feint with L leg over N., then kneel with L knee in S and extend the R leg to the R, as in Exercise 19, jump off to the rear.

34.—Repeat Exercise 33 to the opposite side.

35.—Repeat Exercise 33, but squat with L foot on S and R foot on Cr. as in Exercise 20, jump off forward.

36.—Repeat Exercise 35 to the opposite side.

37.—Repeat Exercise 35, but after the wolf vault R, COME TO THE BACK REST in S (*i.e.*, release the R hand to let the legs pass), then squat back with R leg over S and straddle L leg simultaneously to the L side (*i.e.*, wolf vault backwards to the L).

38.—Repeat Exercise 37 to the opposite side.

39.—Repeat Exercise 37, but after the wolf vault R MAKE a $\frac{1}{2}$ -L TURN round the L arm, coming to the front rest on the off side with the R hand releasing its grasp and coming on the N, wolf vault R over the N to the ground.

40.—Repeat Exercise 39 to the opposite side.

41.—Repeat Exercise 39, but without any pause in the front rest on the off side continue the swing of the R leg, and by making a further $\frac{1}{4}$ -L turn of the body, come to the riding seat on the N (*i.e.*, screw mount on to the N), jump off to the rear.

42.—Repeat Exercise 41 to the opposite side.

43.—Repeat Exercise 41, but make a COMPLETE TURN of the body, thus coming to the side seat on the N on the L thigh, dismount by making a $\frac{1}{2}$ -L circle of the R leg over the S.

44.—Repeat Exercise 43 to the opposite side.

45.—Feint L and wolf vault to the back rest in S; wolf vault L (backwards), feint R, and screw vault over the N to ground.

46.—Repeat Exercise 45 to the opposite side.

47.—Jump to indicate front lever (instead of feint L), then continue as described in Exercise 45.

48.—Repeat Exercise 47 to the opposite side.

HORSE (SIDeways WITH POMMELS).

GROUP I.—ELEMENTARY.

- 1.—Jump off the board repeatedly to the rest in the S.
- 2.—Jump to the rest, straddle sideways, and close the legs several times, *i.e.*, alternately L and R.
- 3.—Jump to the rest in S, and straddle sideways with L leg on to the N and down again, then repeat with R leg straddling on Cr.
- 4.—Repeat Exercise 2, but WITH A SHORT RUN, and straddle the L and R leg AS THE JUMP IS MADE.
- 5.—Repeat Exercise 3, but WITH A SHORT RUN.
- 6.—Jump up to rest, straddle L leg sideways, and with a $\frac{1}{4}$ -R turn of the body come to the cross riding seat on the N, return L leg and mount to cross riding seat on Cr., *i.e.*, with $\frac{1}{4}$ -L turn and R leg over Cr., return to front rest, dismount on to the board.
- 7.—Repeat Exercise 6, but with a short run.
- 8.—Repeat Exercise 6, but instead of sitting down on the N and Cr. keep the L leg clear of the N, *i.e.*, FEINT L (Fig. 1), return L leg and come off to the board. Repeat with R leg.

GROUP II.—MODERATELY DIFFICULT.

- 9.—Half R circle of L leg (*i.e.*, cut away L hand with L leg) to the riding seat in S with L leg in front; $\frac{1}{2}$ -L circle of R leg over Cr. (*i.e.*, cut away R hand with R leg—Fig. 2), and dismount on the far side with back to the Horse. Repeat to the opposite side.
- 10.—Start, as in Exercise 9, but in the riding seat MAKE a $\frac{1}{2}$ -R TURN of body, $\frac{1}{2}$ -R circle of R leg over N (*i.e.* cut away R hand) and dismount to the rear facing the Horse. Repeat to the opposite side.



Fig. 1



Fig. 2



Fig. 3



Fig. 4

- 11.—Repeat Exercise 9, as far as the riding seat in S; then $\frac{1}{2}$ -L circle of L leg (*i.e.*, cut away L hand with L leg), $\frac{1}{2}$ -L circle of R leg over Cr. and into S, $\frac{1}{2}$ -R circle of L leg over N and dismount on the far side with the back to the Horse.

- 12.—Repeat Exercise 10, but after the $\frac{1}{2}$ -turn in the S, make a $\frac{1}{2}$ -R circle of R leg over N (*i.e.*, cut away R hand), immediately $\frac{1}{2}$ -R circle of L leg over Cr. (*i.e.*, cut away

L hand) with a $\frac{1}{2}$ -R turn to riding seat in S, $\frac{1}{2}$ -R circle of L leg over N and dismount. Repeat to the opposite side.

13.—Make a $\frac{1}{2}$ -L circle with L leg over Cr. (*i.e.*, under the R leg and cut-away the R hand) to the riding seat in the S, dismount as in Exercise 9. (Fig. 3 shows the R leg making a R circle). Repeat to the opposite side.

14.—Repeat Exercise 13, but with a $\frac{1}{2}$ -R turn in the S, dismount as in Exercise 10. Repeat to the opposite side.

15.—Start, as in Exercise 13, to the riding seat, then continue circling the L leg over the N and then under the R leg, making (with a $\frac{1}{4}$ -R turn) a rear mount to riding seat on Cr., hands forward and straddle off. Repeat to the opposite side.

16.—Start, as in Exercise 14, but after the $\frac{1}{2}$ -R turn in the S make $\frac{1}{2}$ -R circle of the R leg over N and continue circling the R leg under the L, at the same time making a $\frac{1}{2}$ -L turn and coming to the side seat on the Cr., jump off forward. Repeat to the opposite side.

GROUP III.—ADVANCED.

17.—Feint with L leg over N, make a $\frac{1}{2}$ -L circle of both legs (Fig. 4) and come to the side seat on both thighs on the Cr., and jump off forward. Repeat to the opposite side.

18.—Feint with L leg over N, and make a $\frac{1}{2}$ -L circle of both legs over the Cr., cutting away the R hand (Fig. 4), to the back rest in the S, raise the legs to $\frac{1}{2}$ -lever and push off forward.

19.—Repeat Exercise 18, but from the back rest continue the circle of both legs over the N, and by releasing the grasp of the R hand and a $\frac{1}{4}$ -R turn, make a REAR MOUNT to the riding seat on the Cr., and dismount in rear vault position. (Fig. 5).



Fig. 5



Fig. 6



Fig. 7

20.—Repeat Exercise 18, but without stopping in the back rest, continue the circle of both legs over the N and make a FRONT MOUNT to the riding seat on the Cr. by continuing the circle of the R leg over the Cr. and making a $\frac{1}{4}$ -L turn, dismount in the front vault position (Fig. 6).

21.—Repeat Exercise 18, but without stopping in the back rest, continue the circle of both legs over the N and further over the Cr. to ground, *i.e.*, finish with a flank vault R (Fig. 7 shows flank vault L).

22.—Repeat Exercise 21, but finish up with a FRONT VAULT over the Cr. (Fig. 6).

The whole of the Exercises in this Group to be repeated to the opposite side.

GROUP OF EXERCISES ON THE HORSE.

By. F. R. STALLYBRASS.

FROM SIDE WITH POMMELS.

1.—Place L hand on N, R hand on N pommel, rear vault over N and S to back rest in S; change R hand to ordinary grasp, L circle R leg; L circle L leg; $\frac{1}{2}$ -L circle both legs; $\frac{1}{2}$ -L circle R leg; side shears L and R to feint R; double rear vault over Cr. S and N to ground.

2.—Place R hand on N pommel, squat over S with $\frac{1}{2}$ -L turn to front rest; feint R back shears R; $\frac{1}{2}$ -L circle L leg; $\frac{1}{2}$ -L circle both legs, L circle R leg; $\frac{1}{2}$ -L circle both, double feint R, rear vault over Cr. and S to riding seat on N, place hands forward, back straddle off.

3.—Front vault L to front rest in S feint L; $1\frac{1}{2}$ -L circles of both legs; L circle R leg; L circle both and rear mount to riding seat on Cr.; place hands behind (reverse grasp) front shears and feint R; $\frac{1}{2}$ -R circle both to back rest in S; squat back to front rest, straddle forward to ground.

4.—Place L hand on Cr. pommel, R circle L leg, making $\frac{1}{2}$ -R turn and placing R hand on N pommel; $\frac{1}{2}$ -R circle both legs feint L, circle L with L leg, $\frac{1}{2}$ -L circle both, $\frac{1}{2}$ -L circle R leg, back shears L, making $\frac{1}{4}$ -L turn to riding seat in S, place both hands on Cr. pommel (reversed grasp), swing legs up to rear to front leaning rest, triple rear vault over Cr.

5.—Jump to indicate front lever, squat over S to back rest, L circle R leg, 2-L circles both, making $\frac{1}{2}$ -R turn to front rest, $\frac{1}{2}$ -L circle R leg, side shears I, $\frac{1}{2}$ -L circle R leg over N to balance rest over N pommel, L circle L leg to double feint R, double rear vault over N.

6.—Both hands on N pommel make $\frac{1}{2}$ -L turn, $\frac{1}{2}$ -L circle L leg (placing L hand on Cr. pommel), back shears R, $\frac{1}{2}$ -circle L of L leg, screw feint R with L leg; circle R of both, circle R of L leg, making $\frac{1}{2}$ -R turn to back rest in S, $\frac{1}{2}$ -R circle both, $\frac{1}{2}$ -R circle L leg, side shears R to feint R, triple rear vault over Cr.

7.—Jump to indicate front lever, squat to balance rest over Cr. pommel, R hand between legs, R circle R leg, R circle both, R circle L leg, $\frac{1}{2}$ -R circle both, $\frac{1}{2}$ -R circle L leg, back shears L, $\frac{1}{2}$ -R circle R leg, rear vault over N S and Cr. to ground.



8.—FROM SIDE WITH POMMELS.—Double rear-vault over N S and Cr. to back rest on Cr., L circle R leg to balance rest over Cr. pommel, make $\frac{1}{2}$ -L turn in this position (legs $\frac{1}{2}$ -lever) L circle L leg, $\frac{1}{2}$ -L circle both, $\frac{1}{2}$ -L circle R leg, side shears L to feint L, rear vault over Cr. and S to riding seat on N with $\frac{1}{4}$ -R turn. place both hands on Cr. pommel, triple rear vault over Cr.

9.—Front vault over Cr. and flank vault over N to back rest in S, L circle L leg, $1\frac{1}{2}$ -L circle R leg, side shears R to feint R, 2 -R circles both and front mount to riding seat on N, place hands on Cr. pommel, double rear vault over Cr.

10.—Straddle to back rest in S, L circle R leg, $\frac{1}{2}$ -L circle both, $\frac{1}{2}$ -L circle R leg, side shears L, $\frac{1}{2}$ -L circle R leg to balance rest over Cr. pommel, L circle L leg, alighting in flank vault position.

11.—Rear vault over S, making further $\frac{1}{4}$ -R turn to front rest on off side, feint R, R circle R leg, $1\frac{1}{2}$ -R circles both legs to momentary back rest, $\frac{1}{2}$ -R circle L leg, back shears R, $\frac{1}{2}$ -L circle L leg, $\frac{1}{2}$ -L circle R leg, side shears L to feint L, double rear vault over Cr. S and N to grouud.

12.—With a slight run, wolf vault L to back rest in S (*i.e.*, in making the vault, the L leg is extended to L, the R leg squatting between the pommels); R circle L leg; $\frac{1}{2}$ -R circle both; $\frac{1}{2}$ -R circle L leg; back shears movement to L to balance rest astride L arm (the L leg in making shears is kept over the N); $\frac{1}{2}$ -L circle L leg; back shears movement to balance rest astride R arm; $\frac{1}{2}$ -L circle L leg, double feint R; R circle both legs; R circle R leg; double rear vault over N, S and Cr. to ground.

13.—L circle both legs double feint R; R circle both legs feint L; $\frac{1}{2}$ -L circle both; L circle R leg; $\frac{1}{2}$ -L circle both; L circle R leg, making $\frac{1}{2}$ -L turn, and changing R hand to twisted grasp on N pommel, front vault over N. placing L hand on N; feint R over S; double rear vault over N.

14.—Fencing vault over N and S to back rest in S (jumping off L foot); change R hand to ordinary grasp; L circle R leg; $1\frac{1}{2}$ -L circle both; $\frac{1}{2}$ -L circle R leg; back shears R; $\frac{1}{2}$ -L circle L leg; front vault with L turn to front rest; feint R; triple rear vault over N, S and Cr., with $\frac{1}{2}$ -inside turn.

15.—R hand on N pommel; L circle R leg, with $\frac{1}{2}$ -turn to back rest in S; L circle L leg, with $\frac{1}{2}$ -L turn to front rest; screw feint R, L leg over Cr.; $1\frac{1}{2}$ -R circles both; $\frac{1}{2}$ -R circle L leg; back shears R; $\frac{1}{2}$ -L circle L leg; double Feint R; triple rear vault over N, S and Cr.

16.—L hand on Cr. pommel; R circle L leg, with $\frac{1}{2}$ -turn to back rest in S; $\frac{1}{2}$ -R circle both; R circle R leg; $\frac{1}{2}$ -R circle both; $\frac{1}{2}$ -R circle L leg; back shears R, with $\frac{1}{4}$ -R turn to

riding seat in S ; feint R, changing R hand on to N pommel, L hand on N ; triple rear vault over N, S and Cr.

17.—L hand on Cr. pommel, R hand on Cr., flank vault R, shifting to L to back rest in S ; $\frac{1}{2}$ -L circle both ; $\frac{1}{2}$ -L circle R leg ; side shears L to feint L ; 2-L circles both legs ; feint R ; swing to handstand ; squat off.

18.—With a slight run, place R hand on N pommel, circle L of R leg with $\frac{1}{2}$ -L turn to back rest in S (L hand being placed on Cr. pommel) : L circle R leg : $\frac{1}{2}$ -L circle both legs : $\frac{1}{2}$ -L circle R leg : side shears L and R and L : back shears L : $\frac{1}{2}$ -R circle R leg : $\frac{3}{4}$ -R circle both legs to outside cross seat on N (facing Cr.) : place both hands on Cr. pommel, and rear vault over Cr. to ground.

19.—From stand with ordinary grasp, on pom, rear vault over Cr. and rear straddle mount on N : place both hands in reversed grasp on N pommel : front shears with $\frac{1}{2}$ -L turn : feint L over N, placing R hand on Cr. pommel : L circle both legs and feint R : screw front vault L : *i.e.*, front vault over S with $\frac{1}{2}$ -R turn of body before alighting.

20.—With a run, thief vault over S to $\frac{1}{2}$ -lever of legs : drop legs to back rest : R circle R leg : $\frac{1}{2}$ -R circle both legs : circle R of L leg and feint L : circle L of L leg : double rear vault over Cr. and N to ground. (The thief vault is made by springing off one leg and bringing the other leg straight in front ; both legs joining as soon as possible after leaving the board, and the hands do not grasp the pommels until the legs have passed over the S.)

21.—From stand : circle R with R leg : $\frac{1}{2}$ -R circle L leg : side shears R with $\frac{1}{4}$ -L turn to riding seat on Cr. facing S : take twisted grasp with R hand on N pommel : front vault over N, placing L hand on N, and $\frac{1}{4}$ -L turn to front rest : feint R over S : double rear vault over N and Cr. to back rest in S : $\frac{1}{2}$ -R circle R leg : back shears L : $\frac{1}{2}$ -R circle R leg : double rear vault over Cr. and N to ground.

22.—From stand : circle L with both legs, feint R : circle R both legs : change on to N with L hand on N, R hand on N pommel : flank swing over N, S and N, and rear vault over S to back rest in S : circle L of R leg : $\frac{1}{2}$ -circle L of both legs : double feint R over N : rear vault over Cr. and S to riding seat on N with $\frac{1}{4}$ -R turn : place both hands in combined grasp on Cr. pommel (R hand reversed, L hand ordinary) : double rear vault over Cr.

23.—With a slight run, place R hand on N pommel : with $\frac{1}{2}$ -L turn circle back with L leg over Cr., S and N to back rest in S, placing L hand on Cr. pommel : $\frac{1}{2}$ -L circle both legs, feint R : R circle R leg : R circle both legs : $\frac{1}{2}$ -R circle L leg : $\frac{1}{2}$ -L circle R leg to balance rest over N pommel : $\frac{1}{2}$ -L circle L leg with $\frac{1}{4}$ -L turn, placing L hand on N pommel, R hand on Cr. pommel in feint L position : $\frac{1}{2}$ -L circle both legs to $\frac{1}{2}$ -lever : squat back to indicate front lever and straddle forwards to ground.

GROUP OF VAULTS OVER ONE OR MORE MEN.

In many gymnasia such apparatus as Buck, Horse, or Table are wanting, owing either to lack of funds for providing such, more or less, costly apparatus, or else because the persons in charge of such gymnasia are ignorant of suitable exercises for such apparatus. We will, therefore, endeavour to help them to a certain degree over this difficulty by publishing a series of groups of Vaults, which can be executed without the use of any of the above-named instruments, the men themselves forming such apparatus by giving each other mutual support.

Our first group shall consist of BUCK JUMPING.

GROUP I.

GROUP OF VAULTS (*i.e.*, BUCK JUMPING) OVER ONE OR MORE MEN.

1.—The men are lined up in four files in cross formation. With a run, straddle jump over, with touch on the head of a strong man, who stoops in the centre of the cross, as in Fig. 1, and see Fig. 3, page 128. One man from each of the four squads runs alternately from the front, back, L and R side.

2.—The same as Exercise 1, but with a $\frac{1}{4}$ -turn in making the vault, as shown in Fig. 1, or with a $\frac{1}{2}$ -turn, *i.e.*, with back of body towards the (buck) centre man, *i.e.*, back straddle.



Fig. 1



Fig. 2

3.—Run as in Exercise 1, but SQUAT over centre man (also with a $\frac{1}{4}$ or $\frac{1}{2}$ -turn after the vault)

4.—Run as in Exercise 1, but SHEEP VAULT over centre man (also with a $\frac{1}{4}$ or $\frac{1}{2}$ -turn after the vault) (see Fig. 4, page 133).

5.—Run as in Exercise 1, but FLANK VAULT over centre man (see Fig. 7, page 134).

6.—Run as in Exercise 1, but bent or straight arm somersault.

7-12.—Repeat Exercises 1-6, but run only from two sides (over head and back of buck) over the MAN STANDING ERECT in the centre, with touch on his head or shoulders.



Fig. 3

13-18.—Repeat 1-6, with a run from all four sides, OVER TWO MEN bending forward, and with heads side by side, as in Fig. 2.

19-24.—Repeat Exercises 1-6 OVER FOUR MEN, with heads and shoulders close together, as in Fig. 3, running from all four sides.

25.—Straddle or squatting jump (long fly) over four men standing in a row, as shown in Fig. 4; run from two sides only, touching on the middle man.

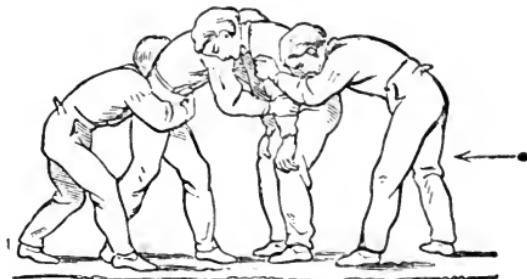


Fig. 4

26.—Straddle or squatting vault, from one end only, over six men standing in a row behind each other. The first of the six men (*i.e.*, the one standing nearest to the jumpers) stands erect, but head down, with his back turned towards the jumpers, the five others stand bent forward slightly, with their arms round the waist of the man in front of them, the last man is the shortest. The jumpers touch on the shoulder of the first man.

27.—Straddle over eight men standing behind each other, the jumpers touching on the shoulders of the fourth man, who stands erect, the other seven men stand in the same position as described in Exercise 26.

28.—Straddle jump (long fly), from one end, over fourteen men standing in two double ranks (seven each side), facing and quite close to each other, with arms resting on shoulders of the opposite rank. The jumpers touch on the shoulders of the two first and tallest men, who place their two outer arms on each others shoulders.

GROUP II.—IN PAIRS.

The men are lined up in a double circle, the men in the rear rank or circle called B facing the backs of the A, *i.e.*, those in the front circle, who stand with legs straddled sideways.

1.—The B place their hands at "one" on the heads of the A; at "two" they jump up and straddle to the riding seat on the shoulders of the A; at "three" they dismount by straddling over the heads of the A to the ground in front of, and with their backs to, the A.

2.—At one the A bring their arms nearly straight above their heads, and the B grasp the hands of the A; at two the B jump up and squat over the shoulders of the A to the riding seat on their shoulders (the A do not release the grasp of the hands of the B); at three the B jump off forward, straddling their legs over the heads of the A, coming down in front of, and with their backs towards, the A. (The A start with their legs slightly bent, but straighten them at two)

3.—With a short run, B jumps up at one, to the squatting stand on one leg (the other leg extended to the rear) on the shoulder of A, who stands with his legs straddled forward, and arms and knees slightly bent. As B jumps up, A must grasp B's hand quickly, who then jumps off forward at two.

4.—The same as Exercise 2, but B jumps to squatting stand on both shoulders of A (*i.e.*, one foot on each shoulder); at two A rises and closes his legs, and releases the grasp of B's hands, who then stands erect, A grasping B however again just above the ankle; at three B jumps off forward to the ground.

5.—The first movement is the same as in Exercise 3, but B jumps up at two with a roll or overthrow forward over A's head (A and B grasping each other by their shoulders for the roll).

6.—The first movement is the same as in Exercise 3, but finish up at two with a bent arm somersault forward, A grasping the hands of B, who extends his arms just before coming down on the ground, while A pulls B towards himself.

GROUP III.

Men in a double circle, as in the previous Group, but the two circles, *i.e.*, A and B FACING each other.

1.—B circles with his R leg over the head of A, who stands in the straddling position with legs bent, and grasps with his L hand the L leg of B, which had stepped previously on to his L thigh, his R hand grasping B's R hand (Fig. 5).



Fig. 5



Fig. 6

2.—Straddle forward over A in two movements.—A is in the forward straddle stand, B in the straddle stand sideways. A lifts B with R arm between B's legs over his head, B placing his hands on A's head and straddles over him, coming down to the L side of A (Fig. 6).

3.—Straddle over A, but A and B start both in the SIDE straddle stand, A using both his hands this time to throw B over his head.

4.—Straddle, with a somersault forward, preceding same in two movements.—A and B both start in the side straddle stand, B bends forward (low down) and swings his arms between his own legs; A catches B's hands, lifts B up and turns him over, then he throws B, straddling, over his head as in Exercise 3.

5.—Squat forward over the head of A in two movements. A, in the side straddle stand, grasps the hands of B (see Fig. 7, BUT LEGS OF A IN SIDE STRADDLE STAND).

6.—Rise to hand stand from riding seat on A's hips in two movements.—A, in side straddle stand, grasps the upper arms of B, who on his part grasps A at the elbows; B jumps to the riding seat on A's hips (close to A's waist), A bends forward, and then suddenly straightens his body, at the same time raising B to bent arm hand stand above his head, and places B down again on the floor.

GROUP IV.—IN PAIRS.

B stands with his back towards and in front of A.

1.—Straddle backwards and forwards over the head of A in three movements.—Both A and B are in the sidestraddle position, B bends forward slightly and brings his hands between his legs, A grasping B by his hands ; A lifts B over his head (see Fig. 8, but A standing UPRIGHT, NOT KNEELING), B straddling back over A's head to the ground behind A and without releasing the grasp of A's hands, immediately straddles forward again over A's head.



Fig. 7

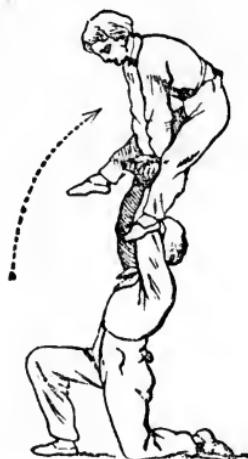


Fig. 8

2.—Squat backwards and forwards over A's head in three movements.—A stands in sidestraddle position, B keeps his arms stiff and straight down, close to his sides, his hands being grasped by the hands of A who lifts B over his head (see Fig. 7), but B's BACK is turned towards A whose legs straddle sideways.

3.—Straddle and somersault in three movements.—Both start in the sidestraddle position ; A grasps the hands of B who has his hands between his legs, as in Exercise 1, A lifts B to the handstand above A's head, B then makes a somersault forward with the legs straddling, coming to the stand in front of A.

4.—Repeat Exercise 2, but squat back over A's head to handstand, and somersault off.

GROUP V.—IN PAIRS.

B stands in front of A, face to face, both join hands with their arms crossed in front of their bodies, similar to Fig. 5.

1.—B jumps with a $\frac{1}{2}$ -L turn to the stand on the shoulders of A, A is in side straddle position with the legs slightly bent, see Fig 5., B steps with his L foot on the L upper thigh of A, pushes himself off with the R foot, and is lifted by A on to his shoulders, B making a $\frac{1}{2}$ -L turn round A, the R foot of B stepping first on the R shoulder of A, and the L foot coming afterwards on A's left shoulder, then proceed as in Exercise 3 of Group II : four movements.

2.—Repeat Exercise 1 to the stand on A's shoulders with a $\frac{1}{2}$ -L turn, finishing with a somersault forward as in Exercise 5 of Group II : four movements.

3.—Start, as in Exercise 1, to the stand on A's shoulders, and squat forward over A's head to the stand in front of, and with back turned towards, A : in two movements.

4.—Start, as before, to the stand on A's shoulders, finish up with a somersault over the head of A (B being first lifted by A to the handstand), B coming down in front of A : three movements.

The whole of the above exercises should then BE REVERSED, *i.e.*, the A taking the place of the B, and *vice-versâ*.

BUCK VAULTING OVER ONE OR MORE BOYS.

GROUP I.

1.—One boy stands in the lunging position (*i.e.*, the leg that steps forward is bent, the leg in the rear being straight, and the foot placed firmly on the ground, all the weight of the body leans over the leg which is bent, by leaning the body well forward, and grasping the advanced leg with both arms, as in Fig 1). The strongest boys of the squad should take this



Fig. 1

place, and change their place from time to time with other boys. The other boys of the squad, lined up in a single file behind the boy stooping, then run towards him, and

1.—Straddle jump over, with touch on the back of the boy stooping down (Fig. 2).

2.—Squatting vault over, with touch on the back (Fig. 3).

3.—Sheep vault over, with touch on the back (Fig. 4).



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6

4.—Rear vault L and R over, with touch on the back (Fig. 5).

5.—Front vault L and R over, with touch on the back (Fig. 6).

6.—Flank vault L and R over, with touch on the back (Fig. 7).

7.—Circle with the L leg from L to R over the back, and dismount on the R side.

8.—Circle with the R leg from R to L over the back, and dismount to the L side.



Fig. 7



Fig. 8



Fig. 9



Fig. 10

9.—Headstand and front vault L and R.

10.—Roll forward, with hands and head on the back of the other boy (Fig. 1).

The Exercises 1-8 should also be practised with a $\frac{1}{4}$ or $\frac{1}{2}$ -turn, inwards or outwards, after the vault, before alighting on the ground, and Exercise 1 (straddle) can be practised with a $\frac{1}{4}$ or $\frac{1}{2}$ -turn BEFORE OR rather WHILE THE VAULT IS BEING MADE.

The Exercises 1-6 should then be practised with a run FROM THE SIDE, vaulting broadways over the boy in the stooping position. To these may be further added :—

11.—Wolf vault L and R (Fig. 8).

12.—Thief vault (Fig. 9).

13.—Clear jump over.

14.—Pike vault on to the shoulders of a (strong) boy, standing behind the boy who stoops (Fig. 10).

Several squads standing side by side can practise these Exercises simultaneously.

BEFORE OR AFTER the vaults 1-3, the hands may also be clapped.

In alighting, bend the knees slightly outwards and come down on the toes, NOT ON THE FLAT OF THE FOOT nor with rigidly stiff legs.

GROUP II.—IMITATION OF VAULTING OVER A HORSE.

A Horse is formed by three boys, thus :—Two boys stand facing each other, with bodies well bent forward at the hips and hands placed on each others shoulders, as in Fig. 11 (the



Fig. 11

bodies should, however, be LOWER than shown in the illustration, *i.e.*, bend down more); these two boys form the "Body" of the Horse, and the "Neck and Head" is formed by a third boy standing upright but with head bent down in a line with and his back turned towards the two others. The "head" thus faces outwards and holds on to the "body" of the Horse by his hands and arms round one of the boy's waist. The boys in the squad run towards the "side" of the Horse (see arrow), placing one hand on the shoulder of the "head," the other hand on the back of the "body," and do a:—

- 1.—Flank vault over the "body" of the Horse (Fig. 7).
- 2.—Rear vault over the "body" of the Horse (Fig. 5).
- 3.—Front vault over the "body" of the Horse (Fig. 6).

Then repeat the above, but WITH TWO "HORSES" standing side by side, the two "heads" facing outwards, *i.e.*, in OPPOSITE directions. Divide the boys into two squads and two boys run simultaneously towards the side of the Horse, placing the "OUTSIDE" hand (*i.e.*, the one farthest away from your partner) on the shoulder of the "head" and the "INSIDE" hand (*i.e.*, the one nearest to the partner) on the "body" of the Horse, and do the vaults as before (*i.e.*, flank, rear and front vault), but "INWARDS," *i.e.*, the boys of the squad on the R vault to the L and those standing on the L vault to the R.

GROUP III.—VAULT OVER FOUR Boys.

Two groups of four boys each are placed side by side, thus:—Two boys (*i.e.*, Nos. 1) in each group of four stand erect side by side with their backs towards the vaulters, at arms length from each other (say about 20 inches apart), in front of these are placed two other boys (Nos. 2) facing in opposite directions, and with their bodies bent forward, but with the hips close together, the lower arms of the Nos. 1 (upright) boys resting on the backs of the Nos. 2 boys (those stooping). Two squads of gymnasts are lined up behind each of these "Horses," and two boys, *i.e.*, ONE FROM EACH SQUAD, run towards the Horse and do:—

1.—Thief vault (Fig. 9) over the Nos. 2 (stooping) boys, placing the hands on the inside shoulders of the two Nos. 1 (upright) boys.

2.—Squatting vault (Fig. 3) in like manner.

3.—Wolf vault (Fig. 8). For this vault one of the No. 1 (upright) boys must bend over on to the back of the Nos. 2 boys (stooping) in front of him, in order to allow the leg, which straddles, to pass over him; the boy who vaults places one hand on the shoulder of the No. 1 boy standing erect, and the other hand on the back of the No. 1 boy leaning over.

4.—Straddle (Fig. 2) over all four boys, the Nos. 1 bend over until they touch the backs of the Nos. 2; the vaulters

touch on the backs of the Nos. 1, and straddle over all four boys.

5.—Somersault (with bent or straight arms). The Nos. 1 make a $\frac{1}{4}$ -turn, facing each other, and helping the other boys as they do the somersault over the backs of the Nos. 2 by grasping them by the thighs.

**GROUP IV.—IN PAIRS: TWO BOYS BACK TO BACK
(i.e., ONE FROM EACH SQUAD).**

A.—Two pairs are placed side by side, two boys vault at the same time, placing hands on the near shoulder (*i.e.*, the shoulder nearest to the squad of vaulters) (Fig. 12).

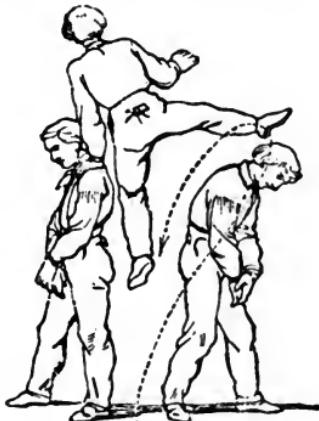


Fig. 12

1.—Circle with the **OUTER** leg in each pair (*i.e.*, the leg farthest away from the partner) over the head of the outer boy of the pair standing erect.

2.—Circle with the **INNER** leg over the head of the inner boy standing upright, but make a $\frac{1}{4}$ -turn outwards before alighting.

3.—Circle with the outside leg over the outer boy, and with a $\frac{1}{2}$ -turn **COME TO THE SEAT** on the off shoulder of the inside boy, and somersault forward with the assistance of the inside boy.

4.—Reverse Exercise 3, circling with the inside leg over the inside boy, and $\frac{1}{2}$ -turn to the seat on the far shoulder of the outside boy, dismount as before.

B.—IN PAIRS FACING EACH OTHER.

Two pairs are placed in the side straddling position (*i.e.*, legs well apart sideways), side by side, reversed position of Fig. 12. The arm **NEAREST** the squad of vaulters is placed upon the opposite shoulder of the partner. Two boys vault at the same time with touch of hands on the near **SHOULDERS** of the two boys standing upright.

- 1.—Squat over the linked arms of the two boys.
- 2.—Straddle over the two boys.
- 3.—Clear jump over their arms (the two boys must stoop slightly for this vault).
- 4.—Somersault with straight arms, placing the hands on the FARTHER arms of the two boys, who place the off arms for this exercise on each other's shoulders so as to have the near arms free to help the boys over in their somersault.

CAUTION.—Assistance should be asked for and given in the performance of the more difficult of the above exercises. Until each exercise is properly performed, one or two strong boys should stand prepared to catch the other members of the squad.



HORIZONTAL LADDER.

Placed moderately high so that it can be easily reached with a slight jump.

SIDE AND CROSS-HANG WITH RAISING AND STRADDLING OF LEGS.

A 1.—Jump to side-hang with ordinary grasp and straight arms on near pole (*i.e.*, side) of ladder.

2.—Drop off to the ground, alighting on the toes and balls of the feet in the half squatting position (*i.e.*, knees bent and turned outwards), then rise to attention.

B 1.—Jump to side-hang with straight arms on near pole with REVERSED grasp.

2.—Pull up to bent arm-hang.

3.—Drop and alight as in A 2.

C 1.—Start as in A 1 and raise L leg forward with hands in ordinary grasp.

2.—Drop L leg and alight as in A 2.

D 1-2.—Repeat C, but raise R leg forward and alight.

E.—Repeat C, but raise both legs forward.

F.—Repeat C, but in the side hang with REVERSED grasp.

G.—Jump to straight arm cross hang, *i.e.*, one hand on each pole (*i.e.*, side of ladder) grasping same from the outside. Repeat Exercises B, C, D, E and F and then STRADDLE L R and both legs sideways, while the legs are raised forward.

H.—Repeat G, but with the hands in TWISTED GRASP, *i.e.*, grasping the poles from the inside, hands between the runcles.

I.—Jump to the BENT-ARM SIDE HANG on near pole and travel sideways to the L, with hands in ordinary grasp (one hand after the other).

K.—Repeat I with straddling the legs forwards, *i.e.*, L leg raised forward, R leg to the rear. Repeat to the R side.

L.—Pull up to bent-arm side hang, travel sideways to the L with the legs raised to the rear, *i.e.*, bent at the knees at R angles to the thighs, toes pointing downwards. Repeat to the R side, also with legs raised forward bent at the knees or in $\frac{1}{2}$ lever.

M.—Jump to bent arm side hang on runcles with ordinary grasp and travel forward, releasing and advancing one hand at a time.

N.—Repeat M but travel backwards.

O.—Repeat M and N but raise legs sideways, forwards or to the rear, as in K and L.

P.—Repeat M to O with one hand on the runcles and one hand on the side pole.

Q.—Repeat M to O but in the bent arm cross hang on the runcles, with reversed or twisted grasp.

SET EXERCISES

AT THE ORION GYMNASTIC CLUB ANNUAL OPEN COMPETITIONS,
HELD FEBRUARY 5TH & 8TH, 1894.

HORIZONTAL BAR.

1.—HIGH, SLOW.—Hang with ordinary grasp ; pull up to rest ; sink to hang ; raise feet to bar ; squat forward under bar ; sink to back hang ; rise with hollow back to back leaning hang ; squat back under bar ; circle to rest ; $\frac{1}{2}$ -R circle of both legs to back rest ; drop back to heels ; shoot over bar to ground.

2.—Low.—Underswing upstart with ordinary grasp ; clear short circle ; sink to drop upstart position and straddle up forwards to seat, changing hands to outside of the legs ; $1\frac{1}{2}$ -seat circles backwards ; squat backwards under bar ; upstart ; forward roll bent arm somersault.

3.—HIGH, QUICK.—Hang with ordinary grasp ; back-up ; clear short circle backwards ; $\frac{1}{2}$ -giant circle to free front rest ; drop upstart ; flank vault to ground.

PARALLEL BARS.

1.—FROM SIDE.—Rear vault in to cross rest, indicating $\frac{1}{2}$ -lever ; back pump to straight arms ; circle R over L bar with L leg ; back pump to straight arms ; circle L over R bar with R leg ; back pump to indicate handstand ; back roll to upper arm hang ; uprise in the front swing and rear vault to ground.

2.—FROM ENDS FACING INWARDS, SLOW.—Underhang, i.e., the body hanging underneath the bar ; pull up to rest, and rise with hollow back to double shoulder stand ; forward roll to upper arm hang ; jerk forwards, i.e., off upper arms to bent arm rest ; rise to rest ; legs $\frac{1}{2}$ -lever and straddle legs ; straddle seat ; hands forward ; elbow lever L ; elbow lever R ; return and flank-front vault, i.e., front vault in front of hands, to ground, swinging from the front lever position.

3.—AT ENDS FACING INWARDS.—Straddle over both bars to rest ; double shoulder stand ; roll forward ; upper arm upstart ; indicate handstand ; forward pump and $\frac{1}{4}$ -turn to straight arm rest ; $\frac{1}{2}$ -circle R with L leg over R bar, placing the R hand on L bar, making a $\frac{1}{2}$ -L turn of the body and circle L with R leg to momentary front leaning rest across the bars ; feint R with R leg, and screw vault R, i.e., with a $\frac{1}{2}$ -L turn, over both bars to ground.

HORSE.

1.—FROM SIDE.—Circle R of L leg ; circle R of R leg ; circle R of both legs : $\frac{1}{2}$ -circle R of L leg ; shears R into the S ; $\frac{1}{2}$ -circle R of L leg, and screw circle forward with L leg, and with $\frac{1}{4}$ -R turn of body, over Cr. to ground.

2.—LONGWAYS WITH POMMELS.—FROM CROUP.—With touch on Cr. spring to free front rest in S on R side ; feint R and change grasp of L hand to twisted grasp ; front vault swing L over Cr., placing R hand on Cr., and feint L over S ; circle L with both legs over Cr. and S, and with $\frac{1}{4}$ -turn off to ground.

3.—AT SIDE.—Short run and thief vault over S to rest in S with legs in $\frac{1}{2}$ -lever ; sink legs to back rest ; circle R with L leg ; $\frac{1}{2}$ -circle R with L leg ; back shears L ; $\frac{1}{2}$ -circle R with R leg to double feint L and rear mount to riding seat on N ; bring hands forward and back straddle to ground.

4.—LONGWAYS WITHOUT POMMELS.—Run and straddle over Horse with touch off Cr.

A very large variety of similar exercises to the above will be found in the All England Series Book "400 Gymnastic Competition and Display Exercises," Price 1/-, obtainable of the Proprietors of "The 'Gymnast,'" 1, Victoria Street, London, S.W.

DISPLAY EXERCISES.

A SELECTION OF SOME OF THE EXERCISES SHOWN AT THE
ORION DISPLAY, ON APRIL 12TH, 1894.

HORIZONTAL BAR.—IN PAIRS.

All exercises start with two men hanging side by side, facing in opposite direction, and change of places during the exercise.

Swing with ordinary grasp, and AT END OF BACK SWING, make a $\frac{1}{2}$ -R turn (the men changing places), replacing L hand in reversed grasp, make a further R turn and immediately come to hang with ordinary grasp, upstart and half giant circle backwards, short upstart, clear circle to the hang, squat back under and shoot over the bar with legs in $\frac{1}{2}$ -lever, drop to ground.

QUICK.—Back-up ordinary grasp, short circle to hang, swing forward, and at end of forward swing $\frac{1}{2}$ -R turn (releasing both hands and the men changing places), swing forward with ordinary grasp, squat through with R leg, $\frac{1}{2}$ -mill circle forward, $\frac{1}{2}$ -L turn, $1\frac{1}{2}$ -mill circle backwards, squat through with R leg to join L leg, $\frac{1}{2}$ -seat circle forwards over bar to ground.

SLOW.—Slow circle with ordinary grasp to hang, slow rise to rest, $\frac{1}{2}$ -L turn to back rest reversed grasp, sink to cross bent arm rest on L arm, $\frac{1}{2}$ -L turn to cross bent arm rest on R arm (men crossing each other), place L hand reversed grasp to the R of R hand and sink below bar with $\frac{1}{2}$ -R turn to hang, legs $\frac{1}{2}$ -lever, circle to front rest, elbow lever R, change L hand to reverse grasp, overthrow to hang, and drop to ground at end of back swing with $\frac{1}{2}$ -R turn.

DOUBLE PARALLEL BAR EXERCISES.

Two pairs of Parallel Bars are placed side by side and joined together.

SOLOS, AT SIDE.—Combined grasp (R hand reversed), shear mount between bars to riding seat, press up with hollow back to handstand, change grasp of L hand to twisted grasp, sink to cross rest, and immediately double rear vault BACKWARDS (*i.e.*, with a R turn and R circle of legs over both bars)* to cross rest in CENTRE bars; swing to handstand, walk SIDEWAYS in the handstand to the R to handstand on outside bars, swing forward and back pump with a $\frac{1}{4}$ -R turn to bent arm handstand on the R bar (outside bar), make a further $\frac{1}{4}$ -R turn to cross bent arm handstand, swing forward, $\frac{1}{2}$ -R circle over R bar with L leg, $\frac{1}{2}$ -L circle over same bar with R leg and come to cross rest in centre bars, upper arm upstart to handstand, $\frac{1}{4}$ -R turn to handstand on R bar, in this position walk to further (outside) bar, and squat to ground from the handstand on the one bar.

IN PAIRS.—From outside cross stand (one man at end of each bar, facing inwards) straddle in over both bars to cross rest, pump and travel forwards, making a $\frac{1}{2}$ -L turn to feint R over the INSIDE (originally L bar), double rear vault L over both bars to ground.

IN THREES.—Starting from ends, one man between each bars, the centre man slightly in advance of the others. Swing to handstand, walk to the centre of the bars, where the two outside men make a $\frac{1}{2}$ -L and R turn to handstand on the one (outside) bar and squat off, while the man in the centre bar continues walking in handstand to the end, and straddles off from the handstand.

IN FOURS.—At ends from outside cross stand facing inwards, one man at each end, straddle in over inside bar, circle one leg back over outside bar, and double rear vault over both bars to ground.

IN SIXES (four men at ends from cross stand between bars facing outwards).—Underswing upstart, bent arm handstand and wheel out to the outside (*i.e.*, high front vault with a $\frac{1}{4}$ -outside turn), while two men from the outside cross stand at end of the two centre bars facing inwards do a short upstart and straddle back to ground.

TABLE PYRAMIDS.

ARRANGED BY E. C. YOUNG,

AND SHOWN AT THE ORION DISPLAY, ON APRIL 12th, 1894.

Squad of Sixteen, equally divided at each end of Table.
Spring-board at each end. Table placed lengthways.

No. I.—GROUP OF THREES.

- 1.—One man (light) jumps to straddle at ends (legs straddling sideways) on near end of Table facing centre.
- 2.—One man from opposite squad jumps to lunge position UNDER and between legs of man in straddle position, and raises latter on his back, grasping his heels.
- 3.—Another from same squad immediately springs to handstand on near end of Table, feet caught by man in straddle position.

No. II.—GROUP OF THREES.

- 1.—One man (heavy) squats to back leaning rest on hands and feet in centre of Table.
- 2.—One from same squad jumps to stand on shoulders of back leaning rest man.
- 3.—One from opposite squad springs to handstand on knees of back leaning rest man, feet caught by man on shoulders.

No. III.—GROUP OF FOURS.

- 1.—One from each squad jumps with $\frac{1}{4}$ -R turn to kneeling position side by side on hands and knees, facing side at near end.
- 2.—One from one squad jumps to straddle stand on back of near kneeling man.
- 3.—One from opposite squad springs to handstand on back of near kneeling man, feet caught by man standing on back.

No. IV.—GROUP OF SIXES.

- 1.—One from each end jumps with $\frac{1}{4}$ -R turn to side straddle in centre, back to back facing sides.
- 2.—One from each end jumps to handstand on L corner.
- 3.—One from each end jumps to handstand on R corner, feet of handstands caught by men in straddle stand.

No. V.—GROUP OF SIXES.

- 1.—One from each squad jumps with $\frac{1}{2}$ -L turn to kneel on L knee on R corner facing end.
- 2.—One from each squad jumps with $\frac{1}{2}$ -R turn to kneel

on R knee on L corner facing ends, inside arm on shoulders of men at side.

3.—One from each squad jumps to shoulder stand on knees of men kneeling on outside knee, legs held by outside hands of kneeling men.

No. VI.—GROUP OF SIXES.

1.—One (light) from each squad jumps, with $\frac{1}{4}$ -L turn, to side stand on centre of Table, facing each other.

2.—One (strong) from each squad jumps to squatting position on centre facing each other and join arms, enclosing the light men standing in centre, rise and raise the latter off their feet, who sit on arms of the men lifting them up, hooking their feet under furthest arms, extend arms over head and lean over backwards.

3.—One from each end handstand on end of table, whilst centre men are being lifted up.

No. VII.—GROUP OF EIGHTS.

1.—One man from each squad jumps with $\frac{1}{2}$ -L turn to kneel on hands and knees on R corner facing outwards, feet in centre.

2.—One man from each squad jumps with $\frac{1}{2}$ -R turn to kneel on hands and knees on L corner facing outwards, feet in centre.

3.—One man from each squad jumps with $\frac{1}{4}$ -turn to side straddle stand on backs of kneeling men, facing each other.

4.—One man from each squad jumps to handstand on shoulders of kneeling men, feet caught by men in straddle stand position.

SET PIECE.

COMBINED GROUP FOR SIXTEEN MEN ON TABLE.

(Eight men at each end of Table.)

FIRST POSITION.

One man (strong) from each squad jumps with $\frac{1}{2}$ -about turn to stand on centre, back to back facing ends.

One man (light) from each squad jumps with $\frac{1}{4}$ -R turn to side stand, facing centre.

One man (light) from each squad jumps with $\frac{1}{4}$ -L turn to side stand, facing last two men.

One man (strong) from each squad jumps to stand at ends facing centre. Two squares, of four men each, thus being formed on Table.

One man from each squad marches to R side at end of Table and makes $\frac{1}{2}$ -L turn, facing end.

One man from each squad marches to L side at end of Table and makes $\frac{1}{2}$ -R turn, facing end.

One man from each squad marches to R side at end of Table and makes $\frac{1}{4}$ -L turn, facing Table.

One man from each squad marches to L side at end of Table and makes $\frac{1}{4}$ -R turn, facing Table.

SECOND POSITION.

Strong men on Table facing each other join arms and kneel, enclosing light men, who place their hands on strong men's shoulders; four men standing at side facing ends kneel on hands and knees one full pace from side of Table; four men standing at side, facing Table, two paces to the rear.

THIRD POSITION—(GROUP COMPLETE).

Strong men rise and raise light men off Table, who sit on strong men's arms and hook legs and toes in opposite arms, raise arms above head, and lean over backwards, men standing facing table, handstand on back of kneeling men, feet caught by light men hanging over from the top of the table.

ORDER OF DESCENT.

At One.—Handstands come down and light men return to standing position on Table.

At Two.—All men on Table jump to ground at side and face their respective squads.

At Three.—All men march to their respective squads.

HORSE AND BUCK PYRAMID.

SHOWN BY THE "ORION" BOYS' CLASS AT THE DISPLAY,
APRIL 12TH, 1894.

ARRANGED BY J. B. HAYCRAFT, ORION G.C.



The Horse is without pommels, the end of the Buck in contact with the side of the Horse at the saddle. Positions indicated as they appear when facing the side of the Horse on which the Buck stands.

One headstand, head on Buck, hands on Horse, elbows well turned out.
Two headstands on ground opposite the end of the Horse.

Two boys standing on ground at ends of Horse facing out and raising legs of :—

Two front leaning rests, hands on ends of Horse, feet supported as above.

Two boys in lunge position, foot of advanced leg resting on shoulder of leaning rest, foot of other leg on the arm of the headstand (as near the armpit as possible).

Two boys kneeling on one knee in front, and slightly to one side of the Buck (inside knee raised).

Two boys in front leaning rest, hands on raised knee, feet on Buck.

At the command—"INTO POSITION—MARCH":—

One headstand stands on ground on far side of Horse, hands on saddle.

Two headstands stand opposite ends of Horse facing in.

Two boys standing on ground stand opposite ends of Horse facing out.
Two front leaning rests stand opposite ends of Horse facing in.

Two kneelers on one knee stand in front of the Buck facing forward.

Two leaning rests on kneelers stand behind above.

Two lungers on headstand and leaning rest stand on far side of Horse facing in (opposite neck and croup).

AT ONE.—Lungers squat to stand on croup and neck. Kneelers on one knee down.

AT TWO.—Boys standing on ground raise front leaning rests.
Leaning rests on Buck and kneelers on one knee in position. Headstand on Buck and Horse up.

AT THREE.—Headstands on floor up. Lungers on headstand and leaning rests up (grasping ankle of headstand, putting the advanced foot on shoulder of leaning rest, and the other foot on arm of headstand, keeping most of the weight on leaning rests).

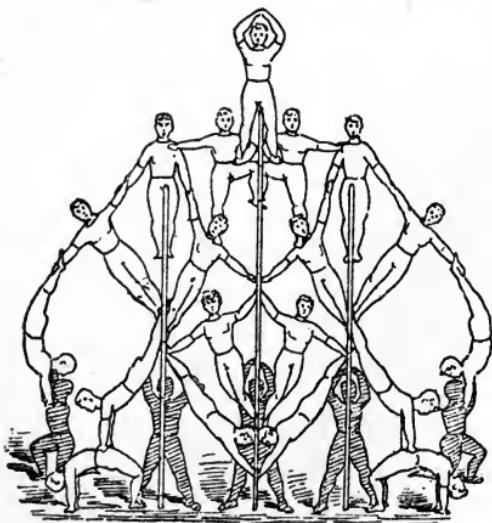
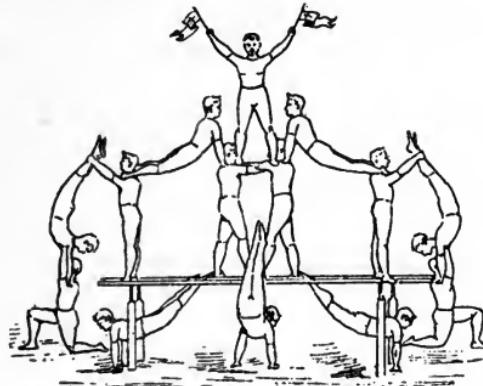
AT FOUR.—Lungers down to stand on Horse, headstands on floor down, leaning rests on Buck, and kneelers down.

AT FIVE.—Lungers jump to ground, front leaning rests on Horse down, kneelers on one knee rise, headstand on Horse and Buck head roll off over Buck.

This Pyramid may be varied by substituting handstands on neck and croup for front leaning rests, in which case the lungers would come to straddle stand, inside foot on headstands arm and outside foot on head of handstand, inside hand grasping ankle of headstand, and outside hand that of handstand.

The far side of the Horse may be filled up with leaning rests (hands on floor, feet on croup and neck, or headstands, handstands, &c., according to the number of men for which the Pyramid is required).

Pyramids as illustrated in Rietman's and Schützer's Book on "Pyramids," Price 26 each, obtainable of the Proprietors of "The Gymnast," and Athletic Review."



PYRAMIDS.

THREE GROUPS OF SET PIECES ON THE PARALLEL BARS.

ARRANGED BY J. B. HAYCRAFT AND SHOWN BY AN ORION SQUAD
AT THE STANLEY SHOW DISPLAY, DECEMBER, 1893.

The positions are indicated as they appear from the stand facing side of Bars.

PYRAMID.—No. 1.—Two men stand across Bars facing near side with inside arms resting on one another's shoulders, outside arms raised to level of shoulders.

Three men press up to handstand on one Bar, legs resting against men standing across Bars, viz., one in centre (off side) and one towards each end, near side.

Two men at ends of Bars facing inward from cross rest swing up to handstand, legs caught by outside hands of centre men.

Two headstands on floor at ends of Bars.

Three handstands on floor at side of Bars, legs resting against Bars, viz., one in centre, near side, and one towards each end, off side.

COMMANDS.—At 1.—Centre men get up to stand.

At 2.—End handstands swing up.

At 3.—Handstands on one bar, do. on floor, and headstands on floor in position.

At 4.—Headstands and handstands on floor and one bar down.

At 5.—Handstands across bars down and centre men down.

PYRAMID.—No. 2.—One man in centre of bars resting on hands and feet, chest upwards, knees bent, body and thighs horizontal (*i.e.*, back leaning rest with feet on bars and legs bent).

One man to stand on chest of above, and catch legs of:

One man to press up to handstand on knees of No. 1.

Two elbow levers (on near bar to the R of centre man, and far bar to L of ditto).

Two back levers under bars (on far bar to R of centre man and near bar to L of ditto).

Two back levers at ends of bars.

COMMANDS.—At 1.—Centre man get into position, handstand and cheststands, stand across bars ready to get in position.

At 2.—One man gets up on chest of centre man, and catches legs of handstand.

At 3.—Elbow levers and back levers get in position and set at once.

At 4.—All levers off.

At 5.—Handstand wheels off to ground, cheststand jumps off sideways.

At 6.—Centre man swings out.

PYRAMID.—No. 3.—From cross rest two men swing up to handstands near centre of bars, legs caught by man in straddle stand across bars between handstands, catching their legs, and stepping up on to the backs of their heads, at the same time keeping their legs steady.

Two men in straddle seat at ends of bars facing out, who catch the legs (holding them as high as possible and at arms length) of two men in front leaning rest position, with hands on shoulders of two men standing on floor facing ends of bars. (These men grasp the waists of the front leaning rest men, and at the command raise them into position, the legs being then caught by the straddle seats; the front leaning rest placing their hands on shoulders of standing men, and assisting the raising by a spring).

Two handstands on floor behind standing men.

COMMANDS.—At 1.—Centre man stands across bars, and handstands immediately press or swing up.

At 2.—Straddle seats get into position, standing men prepare to raise front levers.

At 3.—Centre man stands on neck of handstands, standing men raise levers, floor handstands up.

At 4.—Centre man jumps forward to ground, centre handstands wheel out, floor handstands and levers down.

At 5.—Straddle seats bent arm somersault to ground.

EXERCISES FOR LADIES.

GROUP OF EXERCISES ON THE PARALLEL BARS.

The bars are raised to just above the height of the hips.

E 1.—Jump repeatedly to the cross rest at end of bars.

Jump to cross rest at end of bars facing inwards, and then :

2.—Raise L and R leg forward, with legs bent at knees to R angle.

3.—Raise and lower heels L and R repeatedly, *i.e.*, raise legs to the rear, bent at knees.

4.—Turn the body to the L and R from the hips.

5.—Raise L and R hand momentarily.

6.—Bring L hand forward about $\frac{1}{2}$ yard and back again, then repeat with R hand.

7.—Travel forward with alternately L and R hand to centre or end of bars.

8.—Travel forward with both hands together to centre of bar and $\frac{1}{4}$ -L turn of body without releasing grasp of hands, *i.e.*, turn at the hips.

9.—Travel forward with one hand after the other to centre of bar, and $\frac{1}{4}$ -L turn, releasing grasp of R hand to inside side rest on L bar.

10.—Quarter-L turn to inside side rest on L bar, travel sideways to the R to end of bars.

M D.—Jump to the cross rest at end of bars, facing inwards, then :

11.—Swing repeatedly and push off to the rear.

12.—Repeat Exercise **11.**, raising L and R hand momentarily in the (A) front swing, (B) the back swing, (C) alternately the front and back swing.

13.—Swing and mark time with the hands at each (A) front, (B) back, (C) front, and back swing.

14.—Swing and travel forward to the other end of bars in the front—back—and alternately front and back swing, with one hand after the other and then with both hands together.

15.—Swing and travel at each forward swing to the centre of bars, then return to end of bars, travelling backwards at each backward swing.

16.—Swing and travel forward to the centre of the bars at each back and forward swing, then travel backwards to the end in each forward and backward swing. Repeat also Exercises **2-7** while swinging.

A.—Jump to the cross rest in the centre of the bars, then :

17.—Sink to the lower arm rest ; first on to the L lower arm, then on to the R lower arm, finally repeat, coming on to both lower arms.

18.—Sink to lower arm rest and (A) raise the legs forward, return ; (B) raise the heels.

19.—Swing in the lower arm rest repeatedly, then press up with one arm after the other to the straight arm rest, first in the back swing, then in the front swing.

20.—Swing in the lower arm rest and press up to the rest with both arms together in the back and front swing.

21.—Swing and come to the inside cross seat behind or in front of the L or R hand.

22.—Swing and come to the inside cross seat behind L hand, sink to lower arm rest and swing to inside cross rest in front of R hand.

23.—Jump to cross rest at end of bars and bend and straighten the arms repeatedly, then remain in the bent arm rest.

24.—Swing moderately in the bent arm rest.

25.—Travel in the bent arm rest to centre of bars with one hand after the other, then back again to end.

26.—Swing through the bent arm rest again to straight arm rest in the front, back or front and back swing.

27.—Sink to bent arm rest and hop up and down several times, *i.e.*, release grasp of hands momentarily, then travel (hopping) to centre of bars.

28.—Swing and sink to bent arm rest and travel (pump) forward at each forward and backward swing, or forward and backward swing alternately.

The above Exercises all finish with just simply coming down to the ground at the end or in the centre of the bars, but the Exercises can be varied and made more difficult by adding a front vault, flank or rear vault at the finish of the advanced Exercise, or starting with a leg circle over one bar at the end of bars.

In the SWINGING Exercises the legs should be kept rigidly stiff, knees together, toes pointed, and back hollow.

CAUTION.—None of the exercises in the bent arm rest or pump swings should be attempted by novices or very weakly persons.

MARCHING AND DUMB-BELL EXERCISES.

The squad is lined up in a column of 4 files, divided into pairs in open formation. The files 1 and 2 and 3 and 4 respectively work together IN PAIRS, which will explain the terms used below of opening and closing the files in each pair "INWARDS AND OUTWARDS." Each exercise consists of twenty movements, executed in eighty beats. Weight of Bells 2 lbs. All exercises are to be repeated four times.

GROUP I.

EXERCISE 1.—Step sideways two steps (four movements in 16 beats), first one step inwards, then one step outwards in each pair, *i.e.*, files 1 and 2 step first to the L, closing R foot on L, then to the R, closing L foot on R, and files 3 and 4 step first to the R, then to the L, at the same time, rise on tip-toe; make four quarters outwards turn in eight movements (*i.e.*, the files 1 and 2 turn R about, and files 3 and 4 turn L about). The following ARM MOVEMENTS are then executed, each in two beats:—Raise the arms sideways to height of shoulders in two beats; raise the arms sideways above the head (in two movements); lower the arms sideways to height of shoulders (in two movements); arms down and to attention. These exercises are repeated four times.

EXERCISE 2.—Repeat the marching of Exercise 1, but make the turn INWARDS (*i.e.*, in the opposite direction to that described under Exercise 1), and substitute the following ARM MOVEMENTS:—Raise the arms forward to height of shoulders; raise the arms forward above the head; lower the arms forward to height of shoulders; lower the arms to attention.

EXERCISE 3.—Repeat the marching of Exercise 1; but raise both arms outwards and sideways above the head (BOTH arms are raised outwards and sideways, *i.e.*, in ONE direction); lower both arms outwards and sideways to height of shoulders; raise both arms outwards and sideways above the head; lower both arms outwards and sideways to attention.

EXERCISE 4.—Repeat the marching of Exercise 2; but raise the arms sideways to height of shoulders; bend the arms, the bells touching the shoulders; straighten the arms again, returning to the first position; arms down sideways to attention.

EXERCISE 5.—Repeat the marching of Exercise 1; but raise the arms forward to height of shoulders; bend the arms, touching the shoulders with the bells; return to first position; arms down forward to attention.

EXERCISE 6.—Repeat the marching of Exercise 2; but raise arms sideways above the head; bend the body sideways L and R (*i.e.*, outwards); straighten the body again; arms down sideways to attention.

EXERCISE 7.—Repeat the marching of Exercise 1; but raise arms forward above the head; bend body forward (low down); raise arms forward above the head and straighten the body; arms down forward to attention.

GROUP II.

The marching exercises and turns are the same as in Group I., but the arm and trunk movements are different, and executed in opposite directions by the different files.

EXERCISE 8.—Files 1 and 4.—Raise the arms sideways to height of shoulders; close the arms forward till the bells touch each other; open the arms again, returning to the first position; arms down forward to attention. Files 2 and 3.—Raise the arms forward to height of shoulders; extend the arms sideways; close the arms forward, returning to the first position; arms down forward to attention.

EXERCISE 9.—Files 1 and 4.—The arm movements of Exercise 1. Files 2 and 3.—The arm movements of Exercise 2.

EXERCISE 10.—Files 1 and 4 and 2 and 3.—All execute the arm movements of Exercise 3; but raise BOTH arms sideways INWARDS, and lower them outwards.

EXERCISE 11.—Files 1 and 4.—The arm movements of Exercise 4. Files 2 and 3.—The arm movements of Exercise 5.

EXERCISE 12.—Files 1 and 4.—The arm and trunk movements of Exercise 6, but bend the body INWARDS. Files 2 and 3.—The arm and trunk movements as in Exercise 7.

GROUP OF EXERCISES ON THE HIGH HORIZONTAL BAR.

NOTE.—Most of the following Exercises can be executed by two at a time on the bar. All the Exercises 1-26 start with a jump to the bent arm hang, the remaining Exercises start with a short run. Exercises 27-40 finish up with a dismount in the back or front swing.

1.—Jump to bent arm hang with ordinary grasp, *i.e.*, chin level with bar, then sink to the straight arm hang. Repeat this several times.

2.—Repeat Exercise 1, but with reversed grasp.

3.—Jump up to bent arm hang with ordinary grasp, and thence bring the L fore-arm over the bar, retaining grasp of L hand, so that the L fore-arm rests over the bar.

4.—Repeat Exercise 3, but the R fore-arm comes over the bar.

5-6.—Repeat Exercises 3 and 4, but come to hang on both fore-arms.

7-8.—Repeat Exercises 3 and 4, and from this position go further to the UPPER ARM HANG L and R, *i.e.*, releasing L and R hand, and extending L and R arm straight forward.

9.—Jump up (ordinary grasp) and bring BOTH ARMS TOGETHER over the bar to the lower and then to the upper arm hang.

10.—Jump up and bring both arms together over the bar to the upper arm hang.

11.—In the bent arm hang, with reversed grasp, change first L then R to ordinary grasp, finally repeat, changing grasp of both hands together.

12.—Repeat Exercise 11, and return again to reversed grasp hang.

13.—Repeat Exercise 3, thence make a $\frac{1}{2}$ -R turn, releasing grasp of R hand, to lower bent arm cross hang, L arm in horizontal position, and return to first position.

14.—Repeat Exercise 13, but with R lower arm over the bar and a $\frac{1}{2}$ -L turn.

15.—Press up to BENT ARM REST on L arm with ordinary grasp (*i.e.*, L fore-arm in vertical position over the bar, first without, and then with $\frac{1}{2}$ -R turn of body), return and off.

16.—Repeat Exercise 15, but to R bent arm rest ($\frac{1}{2}$ -L turn) return and off.

17-18.—Repeat Exercises 15-16, but with a $\frac{1}{2}$ -R and L turn to back bent arm rest, and return to front bent arm rest and off.

19.—Travel sideways to the L or R in the bent arm rest, with one hand after the other.

20.—Make a $\frac{1}{2}$ -R turn under the bar in the start (as the jump is made, round the R arm) to COMBINED GRASP bent arm hang (*i.e.*, R reversed, L ordinary grasp).

21.—Repeat Exercise 20, but make a $\frac{1}{2}$ -L turn of body (R ordinary, L reversed grasp).

22-23.—Repeat Exercises 20-21, and then turn back again on one arm to bent arm hang with ordinary grasp on the other side of the bar.

24-25.—Repeat Exercises 20-21, and then continue with the above Exercises 1-19.

26.—Repeat Exercises 22-23, and finish up by pressing up to straight arm rest (*i.e.*, body above the bar).

27.—Swing several times with ordinary grasp, and finish up with coming off in the front swing, bending at the arms and hips before coming off.

29.—Repeat Exercise 27, but release the grasp of the L hand momentarily in the back swing, then repeat with the R hand releasing its grasp.

30.—Repeat Exercise 29, but cross the L hand momentarily over the R hand in the back swing, then repeat with R hand over the L.

31.—Swing, and on the third back swing come to lower arm hang on L arm (as in Exercise 3).

32.—Swing, and on the third back swing come to lower arm hang on R arm (as in Exercise 4).

33.—Swing, and on the third back swing come to lower arm hang on BOTH arms (as in Exercise 5-6).

34.—Swing, and make a $\frac{1}{2}$ -R turn round the R arm, as in Exercise 20, on the third forward swing (if two work together they turn round the OUTER ARM), repeat to the L.

35.—Repeat Exercise 34, and on the next return swing turn back again to the hang with ordinary grasp, as in Exercises 22-23. Repeat to the L.

36.—Repeat Exercise 34, but come immediately to the lower arm hang on L arm. Repeat to the R.

37.—Repeat Exercise 36, then turn back again, as in Exercise 35.

38.—Swing in ordinary grasp, and clap the hands at the end of the back swing, immediately catching the bar again.

39.—Swing with ordinary grasp, and make a $\frac{1}{2}$ -turn under the bar, releasing both hands, one after the other, coming to the hang with ordinary grasp on the other side of the bar.

40.—Repeat Exercise 39, but release the grasp of BOTH HANDS SIMULTANEOUSLY.

FIGURE MARCHING AND WAND EXERCISES.

SUITABLE FOR A DISPLAY.

March in pairs at G (Fig. 1) with the Wands on the R side, thence through the centre to E, wheel L and R in pairs and on to the corners A and B, and further to H and F; again wheel L and R to the centre of the hall (Fig. 1). When arrived at the centre, march IN SINGLE FILE

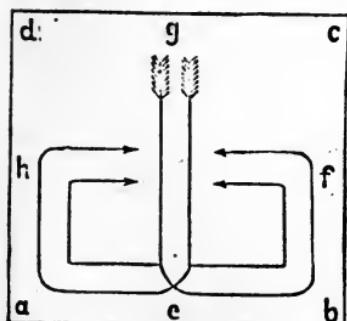


Fig. 1

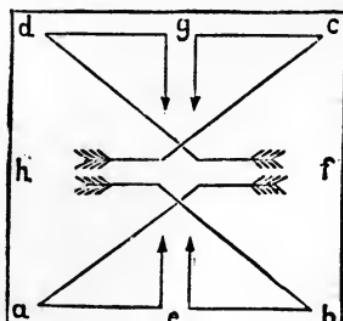


Fig. 2

obliquely to the corners C-D-A and B, intersecting at the point of meeting the file coming from the opposite side of the hall; from the corners wheel L and R and form pairs in the centre at G and E respectively, and march in pairs to the centre (Fig. 2). Divide again into single file at the centre, and march obliquely in single file (intersecting) to the corners A-B-C-D, thence all sections wheel L to E-F-G-H, and further to the centre of the hall (Fig. 3). The single files coming from E and F form pairs and march

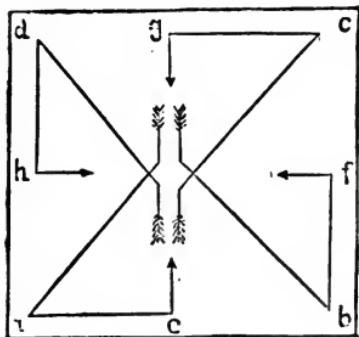


Fig. 3

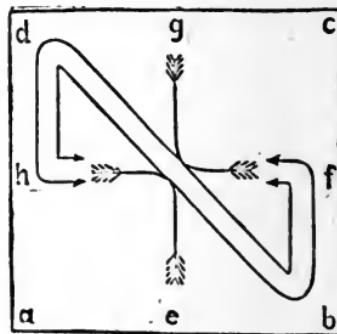


Fig. 4

obliquely to D, and those files coming from G and H march obliquely (intersecting) to B. Both sections wheel L at B and D to F and H respectively, and thence to the centre (Fig. 4). From here the odd pairs (*i.e.*, pairs Nos. 1, 3, 5, &c.) from each column of files march obliquely to the corners C and D, whereas the even pairs (*i.e.*, pairs Nos. 2, 4, 6, &c.) form fours in meeting in the centre, and thence in fours to G, where they countermarch in pairs to the outside; the pairs at C and D meanwhile make a $\frac{1}{4}$ -wheel inwards and march forward, with intersecting on meeting the

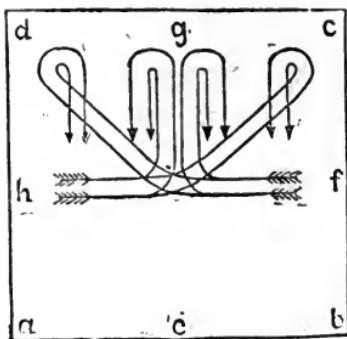


Fig. 5

advancing pairs of their own sections (Fig. 5). All sections countermarch outwards in single file, thus forming eight single files: Raise arms sideways, coming to open formation for the following:—

WAND EXERCISES.

GROUP I.

Place Wands in front of the body in two movements.

A 1.—Step forward with L foot, and raise the Wand horizontally onward to height of shoulders.

2.—Step back with L foot, and raise the Wand forward above the head.

3.—Return to the first position.

4.—Position of attention.

5-8.—Repeat 1-4, but step forward and to the rear with R foot.

B 1.—Step forward with L foot, the toes only just touching the ground, and raise Wand horizontally forward to height of shoulders.

2.—Step sideways to the L with L foot, the toes only just touching the ground, and pass the Wand in a horizontal position to the L side (*i.e.*, R arm bent across chest, L arm extended to the L side at height of shoulders).

3.—Return to the first position.

4.—Come to attention.

5-8.—Repeat to the opposite side.

C 1.—Step sideways to the L with L foot, and raise the Wand sideways (*i.e.*, arms commencing to swing to the L side) above the head.

2.—Bend L knee, and lower the Wand to a vertical position on the L side (the L arm being straight down on the L side, R arm bent over the head).

3.—Return to the first position.

4.—Attention.

5-8.—Repeat to the opposite side.

D 1.—Step forward with L foot, and raise the Wand horizontally forward to height of shoulders.

2.—Close L foot on R, and cross the arms (L over R) with the Wand in a horizontal position in front of the body.

3.—Return to the first position.

4.—Attention.

5-8.—Repeat to the opposite side.

GROUP II.

E 1.—Step forward with L foot, and raise the Wand horizontally forward to height of shoulders.

2.—Bend L knee, and turn Wand over to a vertical position in front of the body (L hand over R).

3.—Return to the first position.

4.—Attention.

5-8.—Repeat to the opposite side.

F 1.—Step forward with L foot (only just touching the ground with the toes), and raise the Wand forward above the head.

2.—Step sideways with L foot (toes only touching ground), lower the Wand to the L side (L arm straight down, R arm bent).

3.—Return to the first position.

4.—Attention.

5-8.—Repeat to the opposite side.

G 1.—Cross L leg in front of R, stepping to the R with L foot, and Wand in a vertical position on R side (R arm straight above head, L arm bent) on chest.

2.—Step sideways to the L with L foot (on toes), and swing Wand down and up to a vertical position on L side (L arm straight above head, R arm bent).

3.—Return to the first position.

4.—Attention.

5-8.—Repeat to the opposite side.

H 1.—Step forward with L foot (on toes), and raise Wand horizontally forward above the head.

2.—Step back with L foot (on toes), bend body forward slightly, and turn the Wand over, the Wand pointing obliquely down forward (L arm straight, pointing down obliquely forward, R arm bent, with R hand in front of L shoulder).

3.—Return to the first position.

4.—Attention.

5-8.—Repeat to the opposite side.

EXERCISES FOR DEVELOPING VARIOUS MUSCLES.

MUSCLES OF LEG BELOW KNEE.

- 1.—Stand erect, hands on hips, thumbs to the rear, head well thrown back, chest out, shoulders back, knees well back, toes turned out, rise on tip-toes, sink slowly till the feet resume their original position.
- 2.—The same, but after each tip-toeing, open knees about 12 inches, heels firm on ground and body erect.
- 3.—Walk on tip-toes and on balls of feet, also on heels. [*Wide shoes should be worn.*]
- 4.—Keep the heels firm on the ground and bend the body forward from the hips as far as possible.
- 5.—Stand on one foot and raise a weight placed on the other forwards and backwards.
- 6.—Squat well down on heels, knees thrown well apart, keeping body erect, rise smartly.

MUSCLES OF THE THIGH (FRONT).

- 7.—Fast walking, running, squatting, jumping, hopping.
- 8.—Walk with stiff knees and press the soles of the feet hard on the ground.
- 9.—Walk up hill.
- 10.—Bend forward from the thigh and touch the ground in front of your feet, heels on the ground, knees not to be bent.

MUSCLES OF THE LOINS.

- 11.—Fast walking.
- 12.—Stand erect, heels together, hands on hips, head erect, bend body sideways alternately left and right, and forwards and backwards.
- 13.—Stand as above, turn shoulders well, alternately left and right, keeping heels firm.

Do such of the above exercises as are convenient *daily* 8 or 10 times each for the first week, and increase by 5 times a week up to 50.

ABDOMINAL MUSCLES.

- 14.—Fast walking, with a high firm step and erect body.
- 15.—Rowing.
- 16.—Lie full length on floor, take a deep breath and raise the legs to a vertical position, keeping the knees stiff, and lower slowly to the ground.
This may be reversed by fixing the feet with a strap or otherwise, and raising and lowering the body.
- 17.—Stand erect and bend body *back* as far as possible, and return slowly to erect position.
- 18.—Stand facing a wall, about 2 to 3 feet off, place the hands at the height of the shoulders against it, bend arms and let the chest come as far forward as possible, and return slowly.
- 19.—All exercises in the front leaning rest.
- 20.—Swinging Indian Clubs behind head.
- 21.—Swinging on Horizontal Bar.
- 22.—Climbing the Rope.
- 23.—All work above the head with dumb bells.

MUSCLES ABOVE THE WAIST.

- 24.—Dumb-bell exercises with bells of about $\frac{1}{3}$ of personal weight.

MUSCLES OF SHOULDER AND UPPER PART OF BACK.

25.—With dumb-bells stand erect, chin up, arms at sides, throw the arms to the rear as far as possible without bending the body, and keeping elbows stiff; return slowly.

This is also good exercise for triceps, or upper muscle of back of arm.

MUSCLES OF FRONT AND SIDE OF SHOULDERS.

26.—With dumb-bells extend the arms to side or front, horizontally, arms stiff, twist bells.

27.—Boxing, fencing, and all thrusting exercises.

TRICEPS (BACK MUSCLES OF UPPER ARM).

28.—Exercises 18 and 25.

29.—With dumb-bells, from the shoulder, raise the bells straight above the head and return. Repeat for two or three minutes daily.

30.—In the front leaning rest position on floor, *i.e.*, face downwards, resting on hands and toes, body stiff; bend arms until chest nearly touches the floor, return to stiff arms. Repeat for one or two minutes daily.

BICEPS (FRONT MUSCLES OF UPPER ARM).

31.—Indian club work.

32.—Rope climbing.

33.—Slow exercises on Horizontal Bar. Grasp the bar with thumbs round, wrists well raised and pull up to the chin, and lower slowly. Repeat as often as possible.

34.—With dumb-bells, arms at the side, elbows close to the body; raise the bells forward until they touch the shoulders, keeping elbows at the sides. Return slowly, head erect and chest expanded.

MUSCLES OF FORE-ARM AND HAND.

35.—Opening and shutting the hand firmly.

36.—Holding a "running cork" in the hand and alternately tightening and relaxing the grasp.

37.—Weight lifting.

38.—With arms extended sideways, at height of shoulders, with a stick or dumb bell in the hand, twist the hand and arm repeatedly, gradually increasing the number of twists.

39.—Rowing, Fencing, Indian Club work, and most of the exercises for biceps, triceps and shoulders.

MUSCLES OF THE FRONT OF CHEST (PECTORAL).

40.—Exercises for biceps and triceps.

41.—With dumb-bells, raise arms sideways to height of shoulders, elbows straight, lower the arms slightly, take a deep breath through the nostrils, filling the lungs to the utmost capacity, and retain the breath as long as possible. At the same time that the breath is expelled lower the arms to the side.

42.—Swings and pump-swings on Parallel Bars. *The latter to be used with extreme caution by beginners or weakly men.*

A "Home Trainer," such as those made by Messrs. Gardiner, of Hoddesdon, and "The Whitely Exerciser," Messrs. Krohne & Sesemann, of Manchester Square, W., are useful instruments for strengthening the muscles.

NOTE.—See also "How to get Strong, and How to Stay so," by W. Blaikie, 5/-; and "Physical Training," by Sandow, 2/6.

PART III.

HINTS TO LEADERS.

The rendering of judicious and proper aid during gymnastic instruction, is almost as essential, and as much an art, as the teaching of gymnastics itself, and it is only by combining the two that successful results are to be attained.

The amount, or degree, of assistance required to be given varies materially with the class of pupils the instructor has under him, or with the degree of difficulty of the exercises set, and where there are several large squads performing on different apparatus at the same time, the teacher will have to appoint one or more leaders from among his pupils to look after the various squads. For this purpose he should chose the tallest, strongest, and most experienced pupils ; explaining to them beforehand (if novices as leaders) what their duties are. This additional help will also be necessary where advanced or more or less risky exercises are attempted. With a little practice and experience a teacher, if he has previously watched his pupils carefully, should be able to judge by the manner in which a pupil approaches the apparatus and tackles the exercise, what amount of strength, agility and skill he possesses, and consequently what amount of assistance is required. The teacher should, however, avoid being too lavish with his aid, as many a pupil with a fair amount of strength and pluck is best left to try the exercise by himself, and this in order that he may become more plucky and more self-possessed, for after some practice the pupil should do the exercises without any aid whatever. Judicious and efficient assistance given by the teacher is very often the best moral education of a gymnast.

The instructor should also encourage the timid ones, and especially discourage any sign of levity or laughter at the failure of any pupil over an exercise.

As the pupils advance in strength and agility the aid should be reduced, and finally dispensed with entirely, for it is only when a pupil finds that he can do an exercise **ALONE** that he begins to like the work.

The liking for gymnastics being considerably increased if rapid progress is made, the gymnasts should be carefully looked after, and have each exercise, especially the more difficult parts thereof, explained to them and set by their leader so that they do not start their work in an undecided and half-hearted sort of way.

The principal points a conscientious leader should always have in view are :—

I.—That he, being morally responsible for the safety of the pupils under his charge should, first of all, select such exercises as are suited to their strength and ability,

and, secondly, keep a constantly watchful eye on his squad, so as to be ready to help at a moment's notice, not allowing his attention to be distracted by things that are going on around him; in short, have his whole heart in his work.

II.—That all HIS ACTIONS SHOULD BE DECIDED AND UNHESITATING, so that he is prepared to act on the spur of the moment. He must not therefore stand with his back to the gymnast, his hands in his pockets, or be gaping about, but he should stand with legs well apart (*i.e.*, either in the straddling or lunging position) so as to have a firm basis wherefrom to act, the arms ready to catch the gymnast at the correct moment, and the eyes following each movement of the performer.

III.—The leader SHOULD BE GENTLE in his treatment of the pupils under him, grasping their arms or legs firmly when necessary, but not roughly, or thoughtlessly, as is sometimes the case, when leaders pull and drag their men about as if they were mere logs of wood.

IV.—The teacher should NOT STAND TOO NEAR OR IN THE WAY OF THE PERFORMER, OR IMPEDE HIS FREEDOM OF ACTION BY GRASPING HIM ON THE JOINTS OF THE ARMS OR LEGS; if, however, he does inadvertently get in the way of his pupil, and thus carries off visible marks of the encounter in the form of bruises, he should only blame himself and not grumble at his pupil. To avoid such a contingency, he should be careful to keep out of the direct line in which a gymnast is swinging or travelling. Always grasp the pupil just above or below the joint of a limb, and, should he really fall, do not make the futile attempt of preventing or arresting the fall of the body, but only attempt to check and break the fall.

V.—DO NOT SPOIL YOUR PUPILS by constantly interfering with their work where your aid is not required, but rather be glad when your assistance can be dispensed with. By your aid you should rather attempt TO FACILITATE THE ACTION of the muscles at work, so that the pupil can feel that his work is being made easier for him, and he gains confidence in you.

With grown-up persons, who start gymnastics in advanced years, the instructor has to be even more watchful than with young gymnasts, as their limbs are not so pliable and they fall heavier, besides frequently not possessing so much agility as youngsters.

From the foregoing remarks it is evident that the whole attention of the leader must be concentrated on his squad, and he should impress upon them the necessity of their helping him to attain this object by maintaining good order and discipline, thus rendering the task easier. It is also important that the gymnast should be suitably attired, ordinary wearing

boots, sharp buckles, pins, keys, finger-rings, &c., being impedimenta that are both cumbersome and dangerous.

The assistance to be given consists of three different kinds, viz. :—

I.—By supporting, pushing or raising the gymnast on, or by, any particular limb.

II.—By simulating the motion of aiding or assisting.

III.—By catching the gymnast as he falls.

As a general rule the following are the PRINCIPAL MODES OF ASSISTANCE to be borne in mind :—

For exercises from the STAND (either on the Horizontal, Parallels, Horse, Buck, Rings or Ladder) it is sufficient to grasp the pupil by the wrist with one hand and place the other hand just above the elbow or under the back or on the chest.

For exercises in the REST, where the pupil's wrists are within reach (viz., on the Low Bar or Rings, Buck, Horse or Parallels) the same assistance can be given as stated before, or grasp both upper arms and see that the gymnast's weight is properly balanced. When in the rest on the High Bar or Rings (*i.e.*, when the pupil's wrists cannot be reached by the teacher) little other help can be given than by grasping the legs just above the ankles, and the exercise must be followed very closely, so that at the critical moment the leader is immediately prepared to catch the pupil should he fall.

When practising exercises in the HANG, the principal aid to be given is by grasping the wrist with one hand, the other hand being placed under the shoulder or the back of the pupil. Assistance can also be given by placing the hand on the back of the hips and supporting or pushing the body, as, for instance, in assisting to pull the body up to the bent arm rest or rest from the hang on the Bar, Rings or Rope. A sudden jerk or thrust at the chest, neck, or abdomen should be avoided. When the pupil is hanging by the hocks, stand under the bar, catch his feet, and press his legs against the bar with one hand to prevent his slipping off, the other hand grasping his upper arm.

The leader must always be careful to avoid getting his arms or legs between the gymnast and the apparatus, as he can thus easily break some of his own limbs when the force of a falling or swinging body comes into contact with him ; this must specially be borne in mind when leading on the Parallel Bars while the pupils do swinging exercises or rolls.

We would further add that *a leader should always set a good example* to the pupils under him, not only in the gymnasium or gymnastic class, but also by his general behaviour and life outside the gymnasium. He should not be forgetful of the fact that he accepts a responsible position in undertaking the duties of leader or captain, and should carefully consider the question of his fitness for such a post before

accepting it. Many a time have we seen, especially with young pupils, that the example (good or bad) set by the leader has moulded, as it were, the character of the pupil's life. JAHN, the "Father of Gymnastics," has already said :—"A gymnastic instructor may, and should, have as much, if not more, moral influence over the life of the pupils under him than any other teacher, because he is in personal touch with his pupils, and can therefore easily detect their faults. By good advice and watchfulness over them, and by setting a good example, he can train them to be useful citizens." It will thus be seen that the post of teacher or leader is not a sinecure, but is, on the contrary, a very responsible position, if the duties are carried out conscientiously. A leader should, therefore, not only be *proud* of this position of trust, but should *make himself worthy* of holding such a position by fulfilling the duties allotted to him.

Many a leader, quite unwittingly and without wishing to do harm to the squad under him, does so actually by either showing *the wrong kind of work* or by *a thoughtless treatment of the pupils*, or by *expecting his men to do advanced or risky work before they have mastered the more elementary class of work, and others expect novices to possess as much pluck and agility on the first time of joining the squad as if they had gone through months of training*. Many a promising youngster is thus "choked off" from gymnastics by being left to struggle through his work as best he can, assisted perhaps only by a few of his fellow pupils, who prevented his falling or assisted him amidst laughter on to the apparatus.

Few people refuse the help and guiding hand of a friend when in trouble in life, and in like manner leaders should be prepared to do the same both for novices and the advanced men under them, by constantly watching them and giving them a good hint or advice where required.

One of the most essential points a leader must constantly bear in mind is the *proper arranging and grouping of exercises* to be set to the squad. He should prepare himself before the lesson by looking through a well arranged group or two of exercises, such as are to be plentifully found in "Puritz's Code Book," "Carl Betz," *The "Gymnast," and Athletic Review*, or kindred works, *i.e.*, if he has not the time or ability to work out his own groups of exercises. The work set must be *graded*, *proceeding from easy to more advanced work*, and the lesson should finish with a *combination* of the various component preliminary parts set previously. The exercises should be *varied* from class to class, so as not to become monotonous, and this is where leaders frequently make a great mistake by repeating the same exercise time after time without the slightest attempt at variation or combination. This method must naturally tire out the performers, and the difficulty can be

easily got over if the leader makes a note in a book after each practice of the group of exercises he has set his pupils in squad, so that he can either add to the group previously shown or can start a fresh group or other piece of apparatus. While speaking of exercises on the various apparatus we would further strongly urge leaders always to make a point of varying their work by giving their class first *exercises in the HANG*, and then *in the REST*, or *vice versa*, at each lesson. All double sided exercises should be practised on both sides, i.e., first to the left and then to the right, always adhering to this order. The best man in the squad should follow the leader, and the order in which the class is arranged should be rigidly maintained throughout the practice, so as not to waste any time. A good method is also the one by which, while one gymnast is on the apparatus, the next man steps forward, ready to go on the instrument when his turn comes. The pupils should maintain straight line while "in squad," and should be told to perfect themselves after squad practice in the exercises shown them during the class.

We will now proceed to give a series of *those exercises on the principal apparatus where assistance by the leader or teacher is required*, and in doing so we have endeavoured to start each group with the easier exercises and go on to more advanced work.

The first piece of apparatus we intend dealing with is the HORIZONTAL BAR.

The general rule for giving assistance here is: *To grasp the pupil's wrist or arms wherever they can be reached, and to support the weight of his body by holding his legs, shoulders, chest or back.* Wherever possible, beginners should always attempt the exercises which can be executed on either the high or low bar *on the Low Bar first*; we shall, therefore, describe the mode of assisting on the low bar for exercises which can be executed on either bar. The leader may, of course, as a rule, stand on either the right or left side of the performer; we shall, of course, only describe the one mode of assistance.

The figures prefixed with a P. are the numbers of the illustrations to be found in Puritz's "Code Book of Gymnastic Exercises" (to be obtained of the Proprietors of *The "Gymnast" and Athletic Review*, price 2/-), and these illustrations give a very clear idea of the movements dealt with, the terms employed being those used in Puritz's and Jenkin's "Gymnastics."

Abbreviations:—R—right; L—left; S R S—stand on right side of pupil; S L S—stand on left side of pupil; S F—stand in front of pupil; S B—stand behind pupil; B B—stand behind bar; F B—stand in front of bar; U B—stand under bar.

GROUP I.—EXERCISES IN THE HANG UNDER THE BAR WITHOUT A SWING.

NOTE.—For all the exercises in this group the leader stands close to the bar and the pupil.

1.—**RAISE FEET TO BAR** (P. Fig. 139), and come to **LEANING HANG**, (P. Figs. 131, 132, 167, 168), or **CROSS LEANING HANG** (P. Fig. 162). **S R S**—Grasp R wrist of pupil with L hand, assist him to raise the feet to the bar, and place your R hand under his back (Fig. 1).

2.—**NEST** (P. Fig. 166). Same assistance as for the previous exercise, but place your hand under pupil's CHEST (Fig. 2).

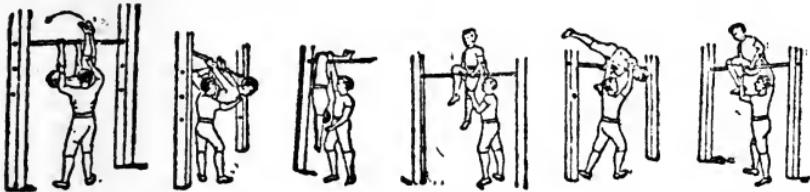


Fig. 1

Fig. 2

Fig. 3

Fig. 4

Fig. 5

Fig. 6

3.—**LEANING**—and **HAMMOCK**—**HANG** (P. Figs. 163, 165). Same assistance as for the nest, but one hand supporting pupil's body by the LEGS.

4.—**TURN OVER FROM THE HANG OR NEST TO BACK HANG**, and return again (P. Fig. 140). Start assisting as in Exercise 2 for first part of Exercise, and after the legs have passed under the bar, check the swing of the body as the legs drop, then help the pupil to raise the legs again, keeping one hand under his back.

5.—**HANG BY HOCKS** (P. Figs. 181, 182, 164). **S R S**.—Place R hand below pupil's knee, or grasp pupil's R foot with R hand, L hand remains free to catch pupil should he slip, by grasping him on the R arm or under the back (Fig. 3).

6.—**PRESS-UP TO LOWER OR BENT ARM REST OR REST** (P. Figs. 144, 146 to 150). The best mode of assistance for all kinds of pressing-up movements is to grasp the pupil's legs firmly with both hands, one below and the other above the knee, and to push the body upwards as it rises, keeping the body close to the bar.

7.—**LEVERS**.— $\frac{1}{4}$ -lever (P. Fig. 139, but legs extended straight forward at R angles to body). Grasp one wrist with one hand, other hand under pupil's legs below knees. **BACK LEVER** (P. Fig. 141) Support the weight of pupil's body by placing one hand, or hand and fore-arm, under his chest or below his knees, the other hand remains free to catch him by the arm should he fall. **FRONT LEVER** (P. Fig. 142). The same support as for back lever, but one hand behind the back.

GROUP II.—CIRCLES ON TO OR OVER THE BAR.**A.—HALF-CIRCLE ON TO THE BAR.**

8.—**HALF-HOCK CIRCLE** forward from below the bar to rest in L hock. **S L S**.—Grasp pupil's L upper arm from behind with R hand, and with L hand press against the front of pupil's R leg above the knee, aiding the swing to the rear thereof. The leg hanging down must be kept rigidly stiff at the knee (Fig. 4).

9.—**HALF-HOCK CIRCLE BACKWARDS** in L hock from below the bar. **S R S**.—Grasp pupil's R lower arm from the front with your L hand, the R hand pushing the body upwards as it rises above the bar by pressing against the front of his R shoulder (Fig. 5).

10.—For **MILL CIRCLES** (P. Figs. 175, 176) the same assistance is given.

11.—**HALF-SEAT CIRCLE** forward with legs between hands from below the bar to rest on bar. **S L S**.—Grasp L instep of pupil with L hand,

and his L lower arm with your R hand from behind the bar, and aid the upward swing of the body by pressing from the rear, taking care that the pupil does not fall over forward as he gets on to the bar, DO NOT PULL the pupil by the leg (Fig. 6) (P. Fig. 178 shows the seat circle forward FROM THE SEAT ON THE BAR).

12.—HALF-SEAT CIRCLE BACKWARDS with legs between hands, from the hang below the bar. S L S, I F of B.—Grasp pupil's L wrist with R hand in twisted grasp, and as the body rises, press against the front of his L shoulder, and help to swing the body up above the bar (compare Exercise 9 and Fig. 5). It is as well for the pupil to take one or two intermediate swings in the hock, and on a given sign let the circle be executed on the return swing (P. Fig. 177 shows the seat circle back FROM THE SEAT ON THE BAR).

13.—For HALF-SEAT CIRCLES WITH LEGS STRADDLING, *i.e.*, one leg on either side of the hands, or both on one side (P. Fig. 185 and 167); the same assistance can be given as mentioned for the ordinary $\frac{1}{2}$ -seat circles.

14.—ORDINARY CIRCLE FROM THE HANG TO THE REST ON THE BAR (P. Fig. 152). S R S, I F B.—Grasp R upper arm of pupil with L hand, and, as the legs rise, catch R leg with R hand, and help to press the body up on to the bar by lifting under the seat (Fig. 1). A similar help applies when the bar is circled to the rest with a swing, or from the rest to the rest, *i.e.*, $\frac{1}{2}$ -giant circle.

15.—SQUAT UNDER BAR AND CIRCLE OR PULL UP TO BACK REST, OR FINISH UP BY SHOOTING OVER THE BAR TO THE GROUND (P. Fig. 139 and P. Fig. 158). Start as for the ordinary circle, and when the feet have squatted under the bar, press the pupil up to the back rest on the bar by placing your L hand under his R shoulder and press the body up, the R hand checking the swing of the body by grasping the R thigh of the pupil from underneath as he comes up into the rest, and thus prevent his falling forward (Fig. 7).

B.—COMPLETE CIRCLES ROUND THE BAR.

16.—HOCK CIRCLE BACKWARDS in L hock (ordinary grasp) from the rest to the rest (P. Fig. 170). S R S in front of the bar, and grasp (under the bar) with L hand in twisted grasp, the R lower arm of the pupil; when the body has dropped back and begins to rise, grasp the front of the R shoulder with the R hand and press the body upwards (compare Exercise 9 and Fig. 5).



Fig. 7



Fig. 8



Fig. 9



Fig. 10

17.—The same help applies to the seat or hock circle backwards IN BOTH HOCKS (P. Fig. 177) (compare Exercise 12), and also with legs straddling; in this latter exercise pay special attention to GRASP FIRMLY THE LOWER ARM.

18.—HOCK CIRCLE FORWARD (reversed grasp) in L hock from the rest to the rest (P. Fig. 169). S R S BEHIND THE BAR, grasp under the bar with your R hand in reversed grasp, the R lower arm of the pupil, and

press the body up with your L hand under his R shoulder the moment the body begins to rise (Fig. 8).

19.—The same applies to the seat or hock circle forward IN BOTH HOCKS (P. Fig. 178) (Fig. 9). When this exercise is practised with the legs STRADDLING, i.e., with the hands between the legs, special care must be taken that you GRASP THE SHOULDER FIRMLY to prevent the pupil falling down forwards.

20.—ORDINARY CIRCLE BACKWARDS from the rest to the rest (P. Fig. 154). Same assistance as described for Exercise 14, and keeping the pupil's body close to the bar.

21.—ORDINARY CIRCLE (OR ROLL) FORWARD. S R S, press the pupil's thighs firmly against the bar with your L hand; as soon as the body has dropped below the bar, the R hand presses the thighs against the bar, the L hand releases its grasp of the legs and helps by pushing on the back or on the R arm.

22.—INSTEP (P. Figs. 160, 161) and WOLF CIRCLE (P. Fig. 171). Stand sideways under the bar, give similar help as in Exercise 21, but instead of pressing the thighs, press one foot on the bar to prevent the foot from slipping off the bar, and regulate the swing of the body. See also help for Exercise 18.

23.—BENT ARM CIRCLE FORWARDS with back to bar (P. Fig. 159). S L S behind the bar, grasp with your L hand in twisted grasp (under the bar) the L wrist of the pupil, and place the R hand under his chest (Fig. 10). As soon as the gymnast starts rising behind the bar, press against his chest, thus assisting in keeping the body as close as possible to the bar.

24.—BENT OR STRAIGHT ARM CIRCLE BACKWARDS with back to bar, i.e., reversed movement of Exercise 23. Help similar to Exercise 23. When the body commences to rise, grasp the pupil with one hand by the legs, and press the other firmly against the chest or shoulder, in order to press up the body and regulate the swing thereof.

25.—GIANT OR GRAND CIRCLE BACKWARDS with ordinary grasp from the rest or (with a good swing) from the hang. Only little actual assistance can be given in the execution of this Exercise, but the leader should warn his pupils not to attempt these movements until they have thoroughly mastered those exercises described previously, which will have given them sufficient strength and pluck to attempt Giant Circles without their coming to grief. The main point for the leader to pay attention to, is that he watches the performer very carefully all through the Exercise, and is prepared to catch him should his hands slip off the bar, through the strain caused by the big swing. Whenever possible, two men should stand prepared to catch the performer, one in front of and close to the bar (at the side of the gymnast) who should firmly catch hold of one of his arms, as the body drops from above the bar, or who, if the gymnast collapses and falls forward before he is quite up in the handstand position above the bar, catches the man under the bar, the other leader must keep a good look-out some yards in front of the bar to catch the gymnast should he slip off in the front swing and prevent his falling on the back, by placing one arm under his back or round his chest, and grasping one of his arms, because the performer slips off in the front swing as the legs begin to rise again, should his hands leave go of the bar.

26.—GIANT OR GRAND CIRCLE FORWARD (reversed grasp). Similar remarks as given for the giant circle backwards apply here also, with the exception that as the performer—should his hands slip—flies off TO THE REAR of the bar and may fall on to his face, one of the leaders should stand some yards BEHIND the bar ready to catch his man round the chest, or at least break his fall by placing one arm under his chest. Even with experienced gymnasts, it is advisable to have one or two men standing prepared to help, when giant circles are performed.

GROUP III.—SWINGING EXERCISES.

27.—SWING WITH HANDS IN ORDINARY (P. 128), REVERSED (P. 130) OR COMBINED GRASP (P. 129). Stand under the bar on one side of the gymnast and grasp his fore-arm with both hands, if the pupil is a beginner, otherwise one hand will be sufficient to hold him. The hands must shift up and down the fore-arm with each swing, and care should be taken that novices do not swing too high (Fig. 11).

28.—SWING WITH LOWER OR UPPER ARMS OVER THE BAR AND FACING THE BAR (P. 143, 144). Stand on one side of the gymnast and place one hand against his back, using the other to check the swing of his body. DO NOT GRASP HIM BY THE LOWER ARMS.

29.—Similar assistance is required for the swing in the arms WITH THE BACK TO THE BAR (P. 145), except that one hand is placed under the pupil's chest.

30.—SWING AND MAKE A $\frac{1}{2}$ -TURN IN THE FORWARD SWING (P. 137) (Figs. 11 and 12). If the gymnast intends making a L turn, stand at his L side under the bar, grasp his L fore-arm with your L hand, and place your R hand on the back of his L shoulder (Fig. 11), or place your R hand under his L hip or on his back (as shown in Fig. 12). The gymnast should be told to swing to and fro two or three times, and at the end of say the third swing, give the command "Turn!" upon which the gymnast releases the grasp of the R hand and makes a L turn (Fig. 12). The leader makes simultaneously a L turn on the L foot.



Fig. 11



Fig. 12



Fig. 13



Fig. 14



Fig. 15

31.—If the turn is to be made AT THE END OF THE BACK SWING, the same assistance is rendered.

32.—When a L turn is to be made at the end of the front swing with RELEASING THE GRASP OF BOTH HANDS simultaneously, the leader should stand on the R side, so that the pupil TURNS AWAY from him. Assistance is given at the moment of the turn by grasping quickly his chest and back. The placing of the L arm held stiffly in front of his chest generally suffices, the principal thing to be borne in mind being to take care that the gymnast does not fall forward should he miss his grasp.

33.—UNDER-SWING OVER A ROPE PLACED IN FRONT OF THE BAR (P. 138). The higher the rope is placed the more difficult becomes the assistance to be rendered, because the arms of the gymnast come down with such an impetus, as the body drops from a height, that it is very difficult for the leader to place his hands in such a position as to be able to check the fall in the event of the performer pitching forward on his face. When the gymnast does a moderately low under-swing, it is sufficient for the leader to stand on one side in front of the bar and to place one arm quickly in front of the chest and the other on the back of the performer as he descends to the ground, but when practising this exercise from a greater height, this mode of assistance is not sufficient, the arm held out by the leader being knocked on one side by the gymnast's arms coming down with a great impetus. The leader should, therefore, stand on the R side of the pupil in front of the rope, with his R side turned towards the gymnast and the R arm raised above the head. The moment the gymnast releases his grasp and drops and raises his arms above the head, the leader, grasps with his R arm the R arm of the pupil, so that the arms are thus

linked (Fig. 14). Needless to say that the leader must follow very closely the gymnast's movement, but if he does that, this mode of assistance will be a very effectual one.

34.—SWING WITH HOLLOW BACK, WITH STRAIGHT ARMS AND ORDINARY GRASP AND ALIGHT IN THE FRONT SWING, *i.e.*, travel some distance forward from the bar (Fig. 13). This is rather a dangerous exercise, and should not be practised without assistance until the movement is thoroughly mastered, as the performer is apt to fall heavily on his back, or the back of his head. Care should be taken to point out that after the gymnast has taken a good high swing HE MUST NOT SIMPLY LEAVE GO with his hands in the front swing (which means coming on his back), BUT THE CHEST SHOULD SIMULTANEOUSLY BE INVARIABLY THROWN OUT WHILE THE LEGS ARE PRESSED BACK. The mistake generally made is that the legs are allowed to swing forward faster than the upper part of the body, thus causing the body to turn over backwards (see Fig. 13). The leader should stand about a yard from the bar on one side, and as soon as the performer's body swings past him, he places his arm under the gymnast's back, or back and back of one thigh, so as to prevent his falling backwards. Should the centre of gravity of the body be very much inclined to the rear, he must give him a slight push.

35.—When this exercise is performed WITH ALIGHTING AT THE REAR OF THE BAR, similar assistance is given by the leader, who however then stands BEHIND THE BAR, as the gymnast is apt to fall FORWARD on his face, therefore place your arm on his chest.

36.—SWING WITH ORDINARY GRASP, RELEASE GRASP ON THE FRONT SWING, AND MAKE A COMPLETE SOMERSAULT BACKWARDS IN FRONT OF THE BAR, *i.e.*, free somersault backwards in the front swing. None but experienced gymnasts should be allowed to attempt this rather dangerous and acrobatic exercise, and wherever possible all first attempts thereat should be made with alighting in a net or a sheet held at each corner, about eighteen inches above the ground, by four or six men standing in front of, and close to, the bar, as it is difficult even for the most experienced leader to catch the gymnast effectually at the critical moment. As the sheet cannot be held much above the ground while the gymnast swings on the bar (unless the bar is raised higher than usual), the men holding the cloth must stoop down and rise smartly only just at the moment when the performer releases his grasp at a given sign, at the same time HOLDING THE SHEET RIGIDLY STIFF, or else the falling weight into it will strike the ground. A capital preliminary exercise for the practice of this movement is to squat back under the bar from the hang, alighting behind the bar (Fig. 15), the leader in this case standing on L S P behind the bar, grasping the L arm of the performer with his L hand, and places his R arm under the pupil's body (Fig. 15). The same exercise is then tried quickly, and alighting as far as possible in front of the bar, the hands naturally having to release their grasp sooner, then proceed repeating this movement with a slight swing, two men standing to catch the performer by the arms. Continue the preliminaries thus until the performer grasps the movement and attains the necessary amount of courage for the performance of the final exercise; for this the leader places himself about a couple of paces in front of the bar on the R side of the performer, and places his L arm under his pupil's chest; the performer doubles up and pivots round the L arm of his leader, who then places his R arm on the back to prevent his falling backwards (Fig. 16). It is naturally safer to have two leaders ready to catch the performer. Needless to say that special attention must be paid by the leader when an exercise of this sort is being performed, and each movement of the performer must be watched very closely, the leader should also himself know exactly where the dangerous part of the exercise is to be looked for. The crucial point is when the performer, possessing some experience of the exercise after having executed the somersault, begins to drop the legs, and the

leader must watch carefully whether the pupil has too much or too little swing ; if too little swing, or if he straightens his body too soon, he generally falls on to his stomach and face, the leader must, therefore, place his arm quickly under the performer's chest, by which follows, that if he has too much swing you must place your arm under his back (Fig. 16).

37.—SWING, release the grasp of the hands in the BACK SWING, and make a complete SOMERSAULT FORWARD BEHIND THE BAR, *i.e.*, free somersault forwards behind the bar. The preliminary notes to Exercise 36 apply equally here, as to the danger of the exercise, mode of holding a sheet under, BUT BEHIND, the bar, the gradual working up to this exercise, &c. During the actual performance of the exercise, stand behind the bar on R side of the gymnast, and place your L arm on the performer's neck, and the R arm grasps his chest after the somersault. The turn-over or somersault is made in the back swing immediately after releasing the grasp of the hands.

38.—FRONT UPSTARTS (ordinary, *i.e.*, facing the bar). If these movements are practised with a swing on the high bar, whether with ordinary, reversed, or combined grasp, S L P, U B. As soon as the pupil raises his legs, grasp them with your L hand and press them against the bar, so that they remain there momentarily, at the same time place your R hand on his L arm, and thus help his body up on to the bar, finishing up finally by releasing the grasp of his legs, which you should then help to swing to the rear of the bar (Fig. 17). When the upstart is practised on a low bar, whether with or without a swing, the same assistance is given, you can, however, in this case also help the pupil by supporting him with your R hand under his R shoulder, or support him by his back or hips.

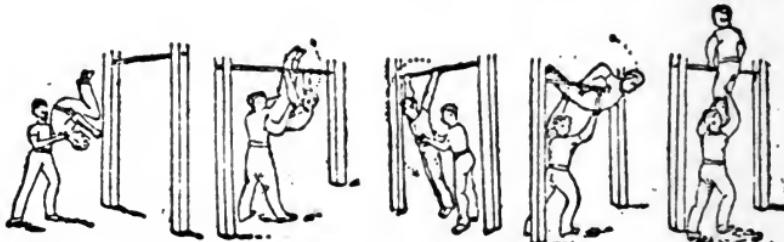


Fig. 16

Fig. 17

Fig. 18

Fig. 19

Fig. 20

39.—BACK UPSTARTS. These upstarts backwards start either from the BACK HANG or the BACK REST ; the first-named start is the hardest, because it is difficult to get the necessary swing, but for the start from the back rest the preliminary movement of throwing the body away from the bar (Fig. 18), requires also a deal of practice. When this preliminary movement is being practised with reversed grasp, stand sideways U B and grasp the pupil by his chest and back as he swings down forward from the back rest to the hang (Fig. 18). For the BACK upstart movement proper the assistance to be given is the same in either case, whether done with or without a swing. Press the legs of the pupil as near to the bar as possible, and at the same time help him to raise the body again by pushing him up under the chest (Fig. 19).

40.—BACK-UP. For all descriptions of back-up movements little other help can be given than to grasp with both hands one leg of the gymnast just as the body begins to rise, and press it rigidly upwards (see Fig. 20).

41.—When back-up movements are practised WITH A TURN in the front swing to the rest or free front rest ON THE OTHER SIDE OF THE BAR, special attention must be paid to the final part of the exercise, as all those who attempt such an advanced exercise should be quite sure of the ordinary turn and back-up. If this exercise is done with a $\frac{1}{2}$ -L turn, the leader stands under the bar on the L side of the gymnast WHILE HE IS SWINGING UNDER

THE BAR; as soon as the turn is made in the front swing, the leader also makes a L turn and steps slightly to the R side. He then grasps the legs of the gymnast as described in Exercise 40, or prevents him from slipping off the bar, or from his stomach or legs coming heavily in contact with the bar, which latter case frequently happens with novices at this movement. Should the gymnast have too much swing, so that in coming above the bar he falls over forward, the leader must stand under the bar prepared to catch his man.

GROUP IV.—DISMOUNTS FROM THE BAR.

42.—ROLL OFF FORWARD FROM THE FRONT REST WITH REVERSED GRASP. Take care that the gymnast does not let his body come down forward WITH A RUSH, as this may easily pull him off the bar. The assistance to be given is as described for the circle on the bar (Fig. 1), i.e., grasp him with one hand by the lower arm, the other hand must prevent the legs falling forward too quickly.

43.—The same assistance applies when the above exercise is performed with the LEGS STRADDLING OUTSIDE THE HANDS (P. 161), or with the KNEES SQUATTING OR INSTEPS BETWEEN THE HANDS (P. 160), or ONE LEG SQUATTING AND THE OTHER STRADDLING SIDEWAYS. i.e., "wolf" position (P. 171). When the above exercises are practised from a HIGH BAR, stand under the bar, and as the gymnast comes over forward to the hang, grasp one arm firmly with both hands.

44.—ROLL OFF FORWARD FROM THE REST ON THE STOMACH WITHOUT THE USE OF THE HANDS. S L S—U B. Grasp the L wrist of the gymnast who is lying on the bar, with your R hand, and place your L arm rigidly stiff behind his neck (Fig. 21), and let him roll, as it were, over your extended L arm.

45.—ROLL OVER FORWARD FROM THE REST ON THE STOMACH, BUT WITH THE LOWER ARMS RESTING ON THE BAR. S L S—F B. As the gymnast's legs swing up above the bar, grasp his L upper arm with your R hand in reversed grasp, and his L shoulder with your L hand, so as to prevent the gymnast coming over too quickly (Fig. 22). He is supposed to come over first to the LOWER ARM HANG, and then to the hang by the hands with reversed grasp, the same swing may also be made use of for adding a back-up to this movement.

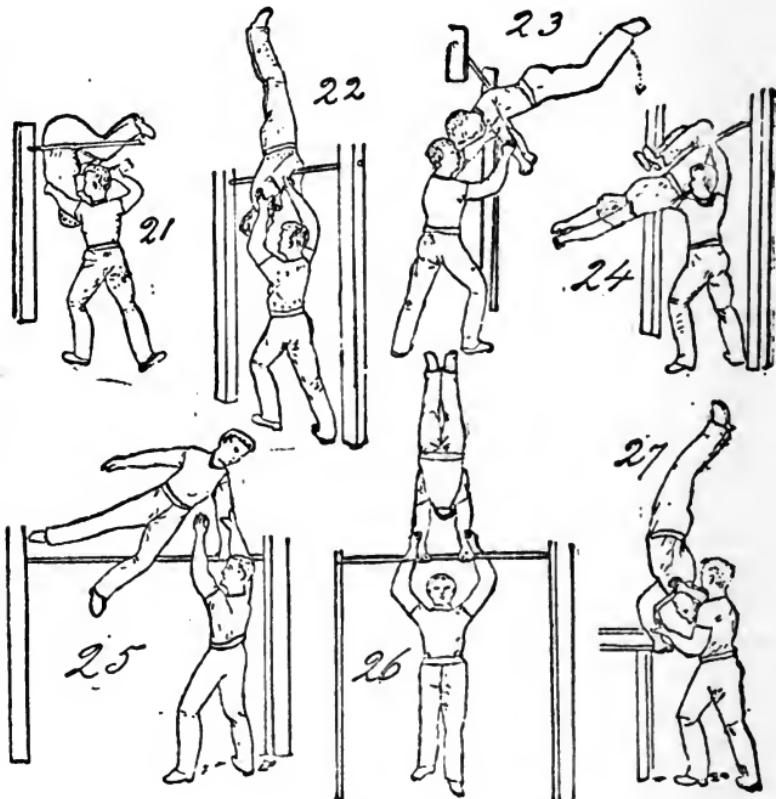
46.—ROLL OFF BACKWARDS FROM THE SEAT ON THE BAR WITH ORDINARY GRASP. Stand B B and grasp with both hands one arm of the pupil.

47.—ROLL OFF BACKWARDS WITH HOLLOW BACK AND ORDINARY GRASP FROM THE BACK REST ON THE BAR. This exercise requires a good deal of attention both on the part of the gymnast and the leader, as, although not a difficult exercise, it is a very dangerous one. If the pupil does not keep his body stiff, but raises the legs forward, they come down so fast and with such an impetus that the gymnast is rarely able to maintain his grasp of the bar as he comes to the back hang, and he thus falls on to his back because the legs continue swinging forward. Therefore see that your pupil keeps the whole body stiff. S L S, and grasp the pupil's L thigh with your L hand until he has balanced himself properly over the bar on his back (see Fig. 7); then, as the legs of the gymnast drop, place your L hand under his chest, and grasp his L arm with your R hand.

48.—FREE ROLL OFF BACKWARDS FROM THE BALANCE REST ON THE BACK, i.e., without use of hands. S L S, F.B., and grasp firmly the upper arm of the gymnast, with both your hands. It is preferable if two leaders can stand thus, i.e., one on each side (Fig. 23).

49.—HOCK SWING OFF FROM THE SEAT ON THE BAR, i.e., "HOCKS OFF." S L S, F.B. Place your R arm under and BEHIND the bar, and grasp with your R hand the gymnast's L knee, pressing his knee against the bar, so as to prevent it slipping off the bar too soon. Attention:

must be paid that the pupil starts with his body well doubled up over the bar and the head leaning forward (P. 183), the knees must grip the bar firmly. As the body and arms are thrown back, the knees must be kept bent so as to retain a firm grip of the bar, but the trunk is straightened from the hips, and as the head passes under the bar, place your extended L arm in front of his chest (Fig. 24), and release your grip of his knee. Should the gymnast have too much swing and thus fall backwards, or if in danger of knocking his head against the bar (if a low one), place your free arm quickly behind the back as he descends. Another safe mode of catching your pupil is to place the L hand on the R ankle of the gymnast, and grasp his L upper arm with your R hand.



50.—DROP FORWARD FROM THE BACK REST TO THE BACK HANG IN THE ELBOWS (P. 145). S L S, F B, and press your L hand against the chest of the gymnast, and your R hand grasps his L upper thigh.

51.—THROW OFF FORWARD FROM THE BACK HANG TO THE HANG WITH TWISTED GRASP, dislocating at the shoulders. S L S, F B, and grasp the gymnast as he comes down by his chest and back, keeping a firm grasp as the dislocation is being made, which takes place immediately before the body comes into the vertical position (Fig. 18).

GROUP V.—VAULTS AND COMBINED EXERCISES.

In the execution of VAULTS special attention should be paid to :—

A.—The LEGS BEING KEPT RIGIDLY STIFF (this does not, of course, apply to the squatting, wolf, or sheep vaults), and the TOES POINTED wherever possible.

B.—The ARM (if only one has to be used) ON WHICH THE WEIGHT OF THE BODY RESTS BEING KEPT STIFF, thus in doing a flank or front vault to the L the R arm must be kept rigidly stiff, and the weight of the body must lean well over the R side.

C.—IN ALIGHTING COME DOWN ON THE TOES (not flat-footed or on the heels), and with the KNEES BENT TO THE HALF SQUATTING POSITION (see Fig. 14).

D.—Try to STOP WHERE YOU ALIGHT, *i.e.*, do not step or fall backwards or forwards.



Flank Vault.



Front Vault.



Rear Vault.



Wolf Vault.



Squatting Vault.



Sheep Vault.



Straddle Vault.

52.—RISE IN THE L HOCK BETWEEN THE HANDS AND FLANK VAULT R TO THE GROUND (P. 186 and 187). S L S, U B, grasp the pupil's L lower arm or wrist with your R hand, just as he comes up above the bar, and support him with your L arm under his chest as his body descends from the vault (Fig. 25). This, as well as the following exercise, can also be done starting with the hock outside the R hand, or the R hock outside the L hand. If the flank vault is to be made to the BACK REST OR SEAT ON THE BAR, stand in front of the bar on the L side of the pupil, grasp his L arm with your R hand, and with your L hand check the swing of his legs, so that he does not fall forward.

53.—Similar assistance applies when a FRONT VAULT is made, *i.e.*, vault over the bar with a $\frac{1}{4}$ -turn inwards, thus facing the bar in vaulting (P. 173 and 188).

54.—For a REAR VAULT (*i.e.*, vault with a $\frac{1}{4}$ -turn outwards, the back being thus turned towards the bar as the vault is made) (P. 189), the leader must stand in front of the bar at the side of the gymnast, so that he can support the gymnast by his back or shoulders as the body descends after having passed over the bar. Thus, when the gymnast's body passes over to the R, and he makes a $\frac{1}{4}$ -R turn, the leader must stand on his L side in front of the bar, grasping the pupil's L arm with the L hand, and the R hand is placed on his back.

When the vaults described in Exercises 52/54 are performed AFTER AN UPSTART the same assistance applies; the most difficult vault is that which follows a BACK-UP, and special attention must, therefore, be paid when these exercises are performed.

55.—UPSTART AND SQUAT OR STRADDLE TO THE STAND ON THE LOW BAR (P. 184 and 185). Stand a short step away and in front of the bar, and prevent the gymnast falling over forward, which will happen if he does not come up quite high enough or catches the bar with his feet after having released his grasp. If this should happen, place your hand quickly under his chest or shoulder, and give his body a push upwards or break its fall.

56.—The same assistance applies when a SQUAT OR STRADDLE OVER THE BAR TO THE GROUND is practised.

57.—When an UPSTART or BACK-UP and FLANK VAULT R, SQUAT OR STRADDLE OVER TO THE SEAT OR BACK REST ON THE BAR is made, S L S, F B, and grasp the pupil's legs with one hand as soon as they have passed over the bar, so as to check the swing thereof. If this movement is to be followed by a seat or hock circle, proceed as described in Exercise 17, Figs. 9 and 5.

58.—UPSTART OR SWING TO THE HANDSTAND AND SQUAT OR STRADDLE OFF FROM THE HIGH BAR. As in the previously described Exercise 55, the danger in this exercise lies in the possibility of the gymnast falling over forward and coming on to his face or arms, should he catch the bar with his toes, and on account of the body travelling at a great speed in coming down from the handstand you should concentrate all your attention on the final part of the exercise, *i.e.*, the VAULT. We recommend that none but advanced gymnasts, who should previously have perfected themselves in all the preliminary movements, be allowed to attempt this more or less dangerous exercise. The leader should stand straight in front of and facing the gymnast on the bar, but not too close, say about two paces away from the bar, one leg stepping well back and the leg in front being well bent and arms raised (compare Fig. 26). Should the gymnast fall, he will thus find a firm resistance and support on the shoulders of the leader, who in his turn can grasp his pupil by the hips, at the same time stepping back slightly the moment he feels the gymnast touching him on the shoulders. The most difficult and the most dangerous exercise of this class is the CIRCLE or GIANT CIRCLE TO THE HANDSTAND and then SQUAT OR STRADDLE OFF, the assistance to be given is, however, the same as described above. When the squatting or straddling is done from the handstand on a low bar, the leader places himself straight in front of and facing the gymnast, and grasps his wrist the moment the body is up in the handstand, and then steps back without releasing the grasp as the vault is made (Fig. 26).

59.—PRESS-UP, UPSTART OR CIRCLE TO THE HANDSTAND AND FRONT VAULT OFF (P. 188). If a dismount or front vault to the R side, *i.e.*, $\frac{1}{2}$ -L turn, is to be made by the gymnast, the leader stands in front of the bar facing his pupil, whose L arm he grasps with his R hand, the L arm he places under his chest or shoulder, should his pupil fall over through breaking down on the L arm as the vault is being made. If help is required to get up to the handstand, press his body up by placing your hand under one of the gymnast's shoulders.

60.—UPSTART OR PRESS-UP TO HANDSTAND AND SOMERSAULT OR OVERTHROW FROM THE LOW BAR (P. 190). If possible have two men standing for this exercise, one on each side of the gymnast, in front of the bar, who each grasp him with twisted grasp by one wrist the moment he gets up into the handstand, and retain their grasp till he has come down on to the ground, at the same time guiding with their free hand the swing of his body, or placing it behind his shoulder as the body turns over (Fig. 27 shows this on the Parallel Bars). Be careful not to push your pupil forward. When the somersault is made off a HIGH BAR, little other assistance can be given than by standing in front of the bar at the side of the gymnast, and quickly place your arm in front of his chest as the body turns over and comes down, and thus prevent his falling forward on to his face or arms.

PARALLEL BARS.

EXERCISES AT THE END OF THE BARS.

61.—UPSTART from the cross stand at end of bars, facing inwards. S L S, grasp with L hand the L lower arm of the gymnast, and with the R hand grasp under his L armpit, and assist the pupil up to the rest. The same help applies whether the upstart is done with the feet pushing off from the uprights or if done "clear of same," i.e., "free" (see Fig. 28).

62.—STRADDLE IN, OR R CIRCLE OF L LEG, OVER THE L BAR. S R S and grasp the pupil's R arm with both your hands, i.e., L hand on his upper arm, R hand on his wrist (Fig. 29), and support the pupil by the arm. Similar assistance applies to ALL STRADDLES OR CIRCLES, WHETHER INWARDS OR OUTWARDS, the most important point to bear in mind being always to support the weight of the pupil by grasping him on that arm the hand of which does not release its grasp as the legs straddle or circle. When a straddle in over the R bar is made, followed immediately by a straddle out over the L bar, so that one hand after the other releases its grasp in quick succession, the leader must stand on the R side of, but slightly BEHIND, the pupil, and grasp his arm as he straddles, taking particular care in the straddle out, as the pupil is apt to catch with the L leg which straddles back; be, therefore, prepared to catch him in your arms should you miss the grasp of his arm, or should he break down on the L arm.

62A.—The same assistance, as described in Exercise 62, is also given when BOTH LEGS CIRCLE in or out over one or both bars, i.e., when in the rear vault position (P. 99).

63.—SCREW CIRCLE (i.e., with a L-about turn) with L leg over R bar. The gymnast starts between the ends of the bars in the side stand, facing and grasping the L bar with both his hands, then jumps up, making a L-about turn, and, at the same time, circle backwards with the L leg over the (original) R bar, the L hand immediately grasping the (original) R bar after the L leg has passed over it. Here, again, the leader stands on the side of and grasps the pupil's arm round which the body pivots, in the above case it is the R arm which he should grasp with his L hand, the R hand being placed under his chest (Fig. 30).

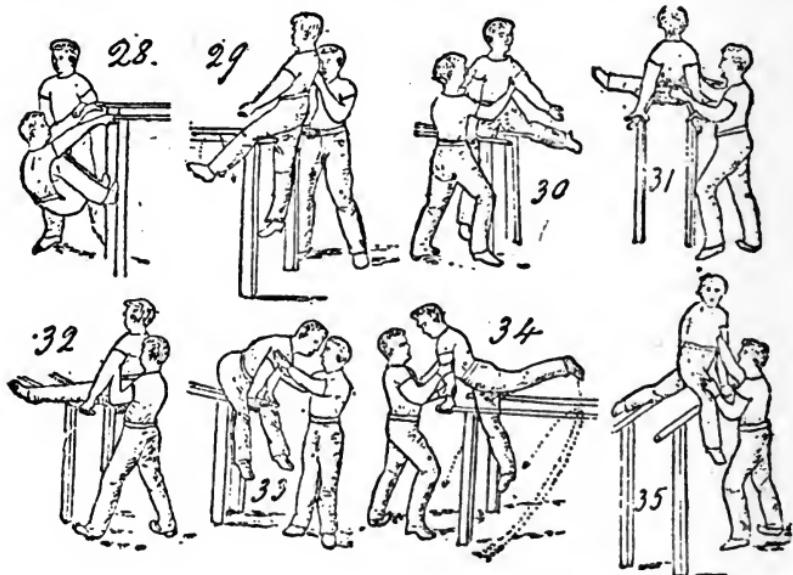
64.—STRADDLE IN OVER BOTH ENDS OF BARS TO THE CROSS REST. Stand obliquely to the R rear of the gymnast, whose R upper arm you must grasp with your R hand, placing your L hand behind his hips, or, if a beginner, catch hold of his belt (Fig. 31).

65.—STRADDLE OUT BACKWARDS OVER THE END OF THE BARS (P. 104). Stand behind the gymnast with your legs well apart, placing your hands under your pupil's hips, or under his armpits, as he jumps up and swings forward for the back straddle, or, if necessary, hold him with one hand by his belt (Fig. 32). Advanced gymnasts do not require any looking after until the point of the actual straddle backwards, when you must prevent their falling back as described in Exercise 62.

66.—STRADDLE OFF FORWARD OVER THE ENDS OF THE BARS, facing outwards (P. 101). Stand obliquely in front of and on the R side of the bar, so that the pupil's swing is not impeded by your body being in the way, and grasp both his upper arms (Fig. 33). At the moment of the actual straddle forward movement the leader steps quickly in front of and facing the pupil, and as his body travels forward the leader steps back a pace or two, holding the pupil all the time. Compare also the help described in Exercise 58.

67.—BENT ARM OVERTHROW OR SOMERSAULT FROM THE CROSS REST OR STRADDLE SEAT (P. 119). S R S, grasp the pupil's R shoulder with your R hand, and his R lower arm with your L hand, retaining this grasp until your pupil has come to his feet, stepping, at the same time, a pace to the L as his body drops (see Fig. 27). Prevent his falling over too quickly by pressing against his shoulder. See that your pupils

do not double up their legs in doing the somersault, as they are otherwise apt to fall on to their KNEES instead of coming on to their feet. It is preferable always to have two men standing (one on each side of the pupil) when this exercise is practised. None but those who can raise their legs forward to the $\frac{1}{2}$ -lever position should be allowed to attempt this exercise, but should there be any such in the class, who notwithstanding will try the exercise, place your R arm (which would otherwise support his shoulder) under the back of his neck as he turns over.



68.—SOMERSAULT WITH STRAIGHT ARMS (P. 120). For this exercise there should invariably be two men to look after the pupils, unless it is a very advanced squad, as one man is hardly capable of checking the big swing of a pupil falling over. The help to be rendered is the same as described for the bent arm somersault. Should the gymnast have too much swing in coming over, place one arm in front of his chest, or should he fall back, place one arm behind his back.

69.—STRADDLE OFF FROM THE HAND STAND. Stand in front of the bar and the pupil, and help as described in Exercises 66 and 58.

70.—FRONT VAULT R AT ENDS TO THE CROSS REST FACING OUTWARDS AND SHEARS OFF FORWARD OVER THE R BAR (Fig. 34). The gymnast starts making a front vault R from the outside side stand at the end of the bar (L hand reversed, R hand ordinary grasp, on ends of near bar, $\frac{1}{2}$ -L turn of body as the vault is made, and R hand on the off bar) to the cross rest facing outwards, and immediately circle forward with L leg behind R leg over the R (off) bar, cutting away the R hand, i.e., shears R (Fig. 34). The leader stands on the L side of his pupil, stepping slightly in front of the bars after the vault in, and grasp his L wrist with the L hand, and the R hand is placed on the pupil's L upper arm (Fig. 34). The same assistance is given if the front vault R at the ends is followed by a straddle off over the (R) bar with or without a $\frac{1}{4}$ -L turn before alighting, or circle of L leg in front of R leg over the off bar (shears similar to Exercise 70), or if followed by an ordinary front vault L over the near bar after an intermediate swing, or if succeeded by a swing to the hand stand and front vault R with a $\frac{1}{4}$ -L turn.

71.—If these exercises are to finish up with a straddle or circle forward over the NEAR (L) BAR, the leader must place himself at the side of the R bar and grasp his pupil's RIGHT ARM as described above, but not until

after he has grasped the second bar, *i.e.*, upon the completion of the front vault into the rest.

72.—FRONT VAULT L AT END OF BARS TO CROSS REST FACING INWARDS, AND STRADDLE OR CIRCLE BACKWARDS OVER R. BAR. The vault in is made in the OPPOSITE DIRECTION to that described in Exercise 70, *i.e.*, R hand reversed, L hand ordinary grasp, on end of near bar, $\frac{1}{4}$ -R turn in the vault, then L hand forward on to off bar. The dismount can be made by circling the L leg backwards over the L bar, or the R leg circling backwards over the L bar (in front of the L hand), or both legs circling L outwards or R inwards (rear vault position) over the L bar (P. 99). For all these exercises the leader stands on the R side of the gymnast, grasping his R arm with both hands, the L hand on his upper arm, the R hand on his wrist (see Fig. 29).

73.—If the front vault L is to be followed by leg circles over the RIGHT (*i.e.*, near) bar, the leader places himself by the side of the OFF bar (*i.e.*, L bar) as soon as the vault in is made, and grasps the pupil's L arm with both hands, placing the R hand on his upper arm and L hand on his wrist.

74.—If the front vault L, as described above, is to be followed by a STRADDLE BACKWARDS OVER BOTH BARS, stand by the side of the off bar, and as soon as the vault in is made, step quickly behind the pupil (*i.e.*, facing the ends of the bar), and assist for the straddle back, as described in Exercise 65 (see Fig. 32).

75.—FRONT VAULT R AT ENDS TO THE HAND STAND AND STRADDLE OFF FORWARD. Wherever possible, have two men to assist when inexperienced gymnasts attempt this exercise, *i.e.*, one on the end of each bar, and grasp the pupil's arms with both hands; if an expert, one man will suffice to look after him by standing in front of and a full pace away from the bar, ready to place the hand on to the chest of the gymnast as he descends to the ground should he need help.

76.—Any of the foregoing exercises, described under Nos. 70/75, can also START WITH A REAR VAULT IN (P. 95) to the cross rest at the end of the bars, but as it is easy for beginners to miss their grasp at the end of the bars, unless quite sure of the vaults, THEY SHOULD FIRST PRACTISE THEM IN THE CENTRE OF THE BARS. The leader renders assistance as described in Exercise 62, and must look well after the pupil's dismount, circles, straddles, &c., at the end of the bar. For this purpose he places himself near the spot where the gymnast descends, and helps as described in Exercises 70/75.

77.—SWING OR STRADDLE IN AT END OF BARS AND SHEAR MOUNT TO STRADDLE SEAT IN FRONT OF THE HAND (P. 79). If a L-turn is to be made in the shear mount, stand on the L side, and as the R leg comes over the L bar, the leader grasps it with his L hand, at the same time he places his R arm under the pupil's chest (Fig. 35). **NOTE.**—It is safer to try the shears in the centre of the bar.

78.—HAND STAND AND BACK STRADDLE OFF THE ENDS. The body makes a $\frac{1}{4}$ -L or R (about) turn when it is on the point of descending from the hand stand, the legs, after leaning well over forward, straddling and cutting away both hands. Two men should stand for this rather dangerous exercise facing the bars, a full pace away from the ends thereof, ready to catch the man as he descends, taking special care to clasp him round his chest with your arms should he catch one or both bars with his legs, or place your hand quickly on his back as he falls and give him an upward push.

NOTE.—In all the foregoing exercises where one leg or both legs circle or straddle over one bar, the leader must avoid getting into the way of the leg or legs which swing or circle.

MOUNTS TO THE REST OR SEAT ON THE BARS FROM THE OUTSIDE SIDE STAND (P. page 119).

79.—**FLANK VAULT (OR MOUNT) R** (*i.e.*, without a turn of the body (P. 43) both hands on near bar in ordinary grasp at the start) **TO THE SIDE SEAT** on the near or off bar, **OR TO THE SIDE REST** between the bars; SLS of pupil, grasp his L wrist with your L hand, and with your R hand grasp his L upper arm under the armpit.

80.—**FRONT VAULT (OR MOUNT) L** (*i.e.*, with a $\frac{1}{4}$ -R turn as the vault is made (P 44), R hand reversed, L ordinary grasp on near bar at the start), **TO THE RIDING SEAT** on the near or off bar, or across both bars (P. 79, see also Fig. 37); SRS of pupil, grasp his R wrist with your R hand, and place your L hand under his R armpit as he vaults. If the front vault L is made **TO THE FRONT LEANING REST** across both bars (P. 83), or to the **CROSS REST** (P. 64), release the grasp of your R hand after the vault is made, and **PLACE IT QUICKLY UNDER THE PUPIL'S CHEST** as his body comes over the bars, or below the bar under his body.

81.—**REAR VAULT (OR MOUNT) TO THE RIDING SEAT** on the near or off bar or to the straddle seat across both bars (Fig. 38 shows the rear vault over both bars, *i.e.*, with a $\frac{1}{4}$ -R turn of the body as the vault is made, both hands in ordinary grasp on near bar to start with). Stand **BETWEEN** the bars on the L side of the pupil, grasp his L upper arm with your R hand, and prevent his falling over backwards (Fig. 38).

82.—If the **REAR VAULT** is to be made with a $\frac{1}{4}$ -R turn **TO THE CROSS REST** (P. 64) by more advanced pupils, stand outside the bar which is opposite to where the pupil jumps off (*i.e.*, the off bar), grasp his L upper arm quickly with your R hand the moment he places his L hand on the off bar, and place your L hand in front of his chest, or below the bar under his legs.

VAULTS OVER ONE AND BOTH BARS FROM THE OUTSIDE SIDE STAND, the pupil grasping the near bar with both hands at the start of the exercise.

83.—The easiest kinds of vaults on the Parallel Bars are those performed from the **INSIDE SIDESTAND** (*i.e.*, between the bars, P. 105). The assistance to be given for the **FLANK, FRONT, REAR, SQUATTING AND STRADDLE VAULTS** from this position being quite similar to that already described on the **HORIZONTAL BAR** on pages 168/169, we refrain from giving a repetition thereof. If a **FLANK** vault, **SQUAT** or **STRADDLE OVER THE REAR BAR** is to be performed, stand outside the bar facing but slightly on one side of the pupil, and place one arm under his chest to prevent him knocking his chest on the bar, the other hand must prevent his falling backwards after the flank, squat or straddle over the rear bar has been made; or, better still, have a second person standing behind the pupil to prevent his falling over backwards. Similar assistance as for the vaults from the inside sidestand is given for the **VAULTS FROM THE FRONT LEANING REST ACROSS BOTH BARS.** (P. 107).

84.—**FLANK VAULT R OVER BOTH BARS.** Stand on the outside of the off bar (*i.e.*, where your pupil dismounts), facing your pupil, who places both hands on the near bar in ordinary grasp, and, as he vaults, grasp his L arm with your R hand and with your L arm under his chest, prevent his falling forward should he catch with his feet.

85.—**FRONT VAULT R OVER BOTH BARS** (Fig. 37). The pupil starts with combined grasp on near bar as in Exercise 80. Stand between the bars with your R side turned towards your pupil, or, better still, outside the off bar and facing your pupil, grasp his R upper arm with your L hand the moment his R hand has grasped the off bar, and place your R hand under his chest, thus assisting to press his body up to the rear, and help to lift him over the second bar with your R hand.

86.—**REAR VAULT OVER BOTH BARS (WITH A $\frac{1}{4}$ -R TURN).** Stand between the bars and help as described in Exercise 81. As soon as the legs have passed the off bar give your pupil a slight push on his seat with

your R arm (Fig. 38). Another safe mode of assistance for advanced pupils is also the one where the leader stands outside the off bar, facing his pupil, grasps his L arm with the R hand the moment he places his L hand on the off bar, and, should he fall backwards, a slight push on his back will prevent his falling on his back.

MOUNTS AND VAULTS COMBINED ON THE PARALLEL BARS.

87.—FLANK VAULT R TO THE SIDE REST BETWEEN THE BARS (P. 106) AND FLANK VAULT L FORWARD (over the off bar) TO THE GROUND. Stand facing your pupil outside his off bar (*i.e.*, where he has to dismount). Grasp his R arm the moment he places his R hand on the off bar, your L hand being placed on his R upper arm or behind his R shoulder to prevent his falling back, and your R hand on his R wrist (Fig. 36).

88.—FRONT VAULT R TO THE CROSS REST AND REAR VAULT OVER THE R BAR. The assistance to be given for this exercise is almost identical with the one described for the previous Exercise 87.

89.—FRONT VAULT L TO CROSS REST AND REAR VAULT OVER NEAR (*i.e.*, R) BAR. SRS of pupil, and help as described for the front vault, Exercise 80, then step back slightly and towards the L side, making at the same time a R turn of the body, so that you come to stand behind your pupil and continue helping as described for the rear vault, Exercise 81. If an additional $\frac{1}{4}$ or $\frac{1}{2}$ -turn inwards is to be made after the rear vault before alighting, stand so that you are BEHIND your pupil, and prevent his falling back after the turn is made.

90.—FRONT VAULT R TO CROSS REST AND FLANK VAULT L OVER THE OFF BAR WITH A $\frac{1}{4}$ -R TURN TO THE GROUND (*i.e.*, flank front vault over R bar). Stand facing the pupil where he has to dismount and help as described in Exercise 87 (compare Fig. 36), but in the last turn (to the front vault position) at the dismount place your L hand on the pupil's R wrist and your R hand under his chest.

91.—REAR VAULT (with a $\frac{1}{4}$ R turn) TO THE CROSS REST, AND FRONT VAULT OVER THE OFF BAR. Stand opposite the spot where your pupil starts front (*i.e.*, outside the pupil's off bar), grasp his L arm the moment he has placed his L hand on the off bar, at the same time turning your body to the R.

92.—If the dismount is to be made with a $\frac{1}{2}$ -R turn of the body (*i.e.*, wheel out) after a high front vault, grasp the pupil's L arm with your L hand as before, but make a $\frac{1}{2}$ -R turn at the same time as your pupil makes his R turn, and place your R arm behind his back or shoulder.

93.—If the REAR VAULT IN (with a $\frac{1}{4}$ -R turn) to the cross rest is to be followed by a FRONT VAULT OUT OR WHEEL OUT OVER THE NEAR BAR, stand behind the pupil as he makes his rear vault in, and then immediately take a short step to the R side and make a turn to the L, so that you can grasp your pupil's R arm as he comes off in the front vault position or wheels out over the near bar.

94.—FLANK, FRONT OR REAR VAULTS when made either with a SWING FROM THE CROSS REST (see P. 95/98) OR OUTSIDE CROSS SEAT ON ONE BAR, and with one hand only placed on the off bar, require practically the same assistance as described previously for the same vaults over both bars (compare Fig. 38).

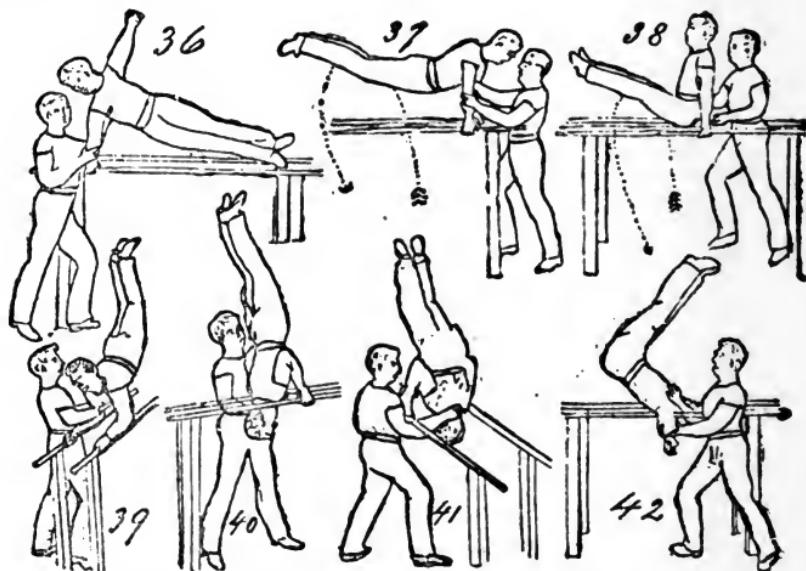
95.—FOR SQUATTING OR STRADDLING EXERCISES OVER BOTH BARS whether from the leaning rest across both bars, or from the outside side stand, with or without a run the leader must pay very special attention as the pupil is apt to catch with his toes in the vault, and his body then falls forward with great impetus. The leader must stand facing the pupil outside and fairly close to the off bar, arms extended, legs in the straddling position, the leg which is in the rear being bent, and as the pupil comes over grasp him by the upper arms or shoulders and step back with him a pace. Compare notes on the Horizontal Bar, *re* these vaults.

NOTE.—When the rear vault in from the side is made, the principal aim of the leader should be to prevent the pupil from dropping between the bars.

SWINGING EXERCISES AND ROLLS.

Before attempting any kind of pump swings—dips—(P. 89/92), rolls (P. 114/118), or handstands, the pupil should have mastered thoroughly all kinds of straight arm swinging exercises in the rest and shoulderstands.

96.—With beginners the leader must pay special attention when they first start practising SWINGING EXERCISES, as they are very apt to break down in the arms, or to overbalance themselves by swinging too much. The pupils, when swinging with straight arms, should be told to keep their arms in as vertical a position as possible, and to avoid letting their shoulder swing forwards or backwards, as they will thereby fall over forward, or to the rear. The leader standing at the side of the bar must therefore grasp one arm of the pupil with both hands and prevent his body from dropping between the bars.



97.—When the pupil swings RESTING ON THE LOWER ARMS (elbows should be turned inwards, Fig. 39) the leader grasps with one hand the upper arm of his pupil, and the other hand prevents the lower arm from slipping off the bar. If from this same swing an UPRISE IN THE BACK SWING is to be made, SRS grasp the pupil's R arm with your L hand, and place your R arm under his chest and assist in lifting the body up (Fig. 39), whereas if the UPRISE is to be made IN THE FRONT SWING, grasp your pupil's R arm with your R hand and place your L hand on his back in the uprise.

99. PUMP SWINGS—dips—(P. 89/92) i.e., from the straight arm swing sink to the bent arm swing in the forward swing=Front pump (P. 91). Grasp one of your pupil's lower arms with one hand, and place the other hand under his chest as he bends the arms, and then help to support the weight of his body while he swings in the bent arm rest. *Beginners and weakly persons should not attempt this exercise until their arms are fairly strong and the chest well developed.* The same assistance applies when the BACK-PUMP swing (P. 92) is practised, but in this case place the free hand first behind your pupil's body to prevent his falling through as he sinks to the bent arm rest at the end of the front swing, and then, as the legs rise to the rear place the hand quickly under his chest as described above.

100.—SHOULDER STAND (Fig. 40 shows this on the L shoulder). S R S, grasp your pupil's R leg with your L hand and prevent the body from falling over, and place your R hand (below the bar) under his R shoulder. Practically the same assistance has to be given when the FREE SHOULDER (P. 126) or BENT ARM HAND STAND (P. 119) is practised, as also for the LOWER ARM STAND (compare Fig. 39 and P. 94), or UPPER ARM STAND (P. 115). In these last-named exercises care must be taken to prevent the arms from slipping off the bars.

101.—ROLL FORWARD FROM THE SHOULDER STAND (Fig. 41; see also P. 114). S R S of pupil, and when he is in the double shoulder stand position, place your R arm UNDER THE BAR (as if OVER THE BAR you are more than likely to get your arm broken should the body roll over on to your arm) at the back of your pupil's neck, so that he actually rolls over your arm, the L hand grasping his R wrist (Fig. 41), and pull his arm out sideways as his body rolls over (as shown in Fig. 42), so that he rolls over with the arms fully extended. This is the chief point the pupil must pay attention to, viz., TO EXTEND HIS ARMS RIGIDLY SIDEWAYS, so that his body cannot slip in between the bars.

102.—ROLL BACKWARDS FROM THE UPPER ARM HANG (Fig. 42; see also P. 116/118). S L S. Grasp your pupil's L wrist with your L hand in reversed grasp as the body rises forward, place your R arm under the near bar and over the pupil's shoulder (as shown in Fig. 42). As the body rises to the vertical position, place your R hand on his chest and draw his L arm out sideways, so that the arm is rigidly extended sideways. Or, if the pupil is already advanced enough in his work and can keep his arms stiff as he rolls back, prevent his slipping in between the bars by placing your hand under his back should he not come round far enough through lack of swing.

103.—BALANCE ON CHEST AND SOMERSAULT OR ROLL OVER FORWARD (Fig. 43). Stand in front of the bar on which your pupil is to perform the chest balance, help to raise your pupil's legs as he swings the body up to the balance, then, as he rolls over forward, place your R arm behind his back.

104.—BALANCE ON NECK (P. Fig. 127), and roll over backwards. This is the reversed movement of Exercise 103, i.e., back of body to the bar and roll over backwards. The assistance is the same as described for the previous exercise, only that your arm comes in front of pupil's chest.

105.—When the HAND STAND with straight arms (P. 120) in the centre of the bars is practised, S L S, and grasp your pupil's L shoulder with your L hand, and with your R hand grasp his L lower arm, as the body is nearly in a perpendicular position release the grasp of your R hand and hold his L leg, so as to assist the upward swing of the body, and, if necessary, to prevent the body from falling over forward. If the swing was insufficient to bring the body up to the hand stand position, prevent the body from coming back with a rush by checking the swing of the legs, or by placing your R hand on your pupil's back. Should the pupil, after reaching the hand stand, fall over forward (*i.e.*, overbalance himself), caution him to BEND HIS ARMS, and place one arm quickly UNDER the bars (NEVER OVER THE BARS, OR YOU WILL GET IT BROKEN), as shown in Fig. 41, so that the pupil comes to rest with his shoulder on your arm, and thus prevent his falling through; the free hand should grasp one of his legs above the bar as long as possible, as shown in Fig. 40.

106.—Similar assistance, as just described, applies equally when the gymnast WALKS ALONG THE BAR IN THE HAND STAND, only that the leader must move along the bar with the pupil. For beginners it is safer to have two leaders to look after the performer, *i.e.*, one on each side of the bar, each supporting one leg and one shoulder.

107.—WHEN A TURN IS TO BE MADE IN THE HAND STAND (for instance, a $\frac{1}{4}$ -L turn on to the L bar, or $\frac{1}{2}$ -L turn on to both bars again,

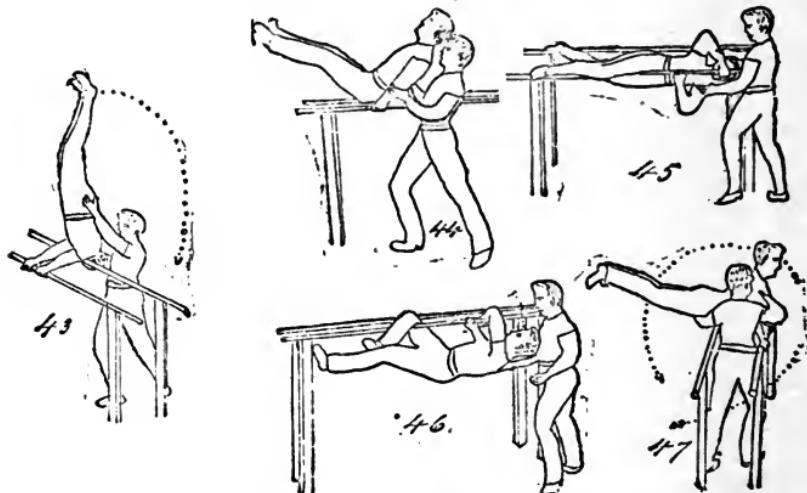
facing in the opposite direction as when starting), S L S, grasp your pupil's L upper arm with both hands, and help your pupil to transfer the weight of his body on to the L bar. You are now also in the right position for catching your pupil if from the hand stand on the L bar he wishes to execute a somersault forward, or a front vault to the R (see notes on the Horizontal Bar, also Fig. 27). When the $\frac{1}{2}$ -L turn is practised, you must first grasp your pupil's L arm with your R hand, and as soon as he has completed the first $\frac{1}{4}$ of the turn (*i.e.*, on to the bar), release the grasp of your R hand and hold his R arm with your L hand, the R hand being placed under his back so as to support his weight.

108.—UPPER ARM UPSTART. S L S, grasp your pupil's L arm with your L hand, the R hand being placed on the back of your pupil, and press against his back as he executes the upstart movement, see Fig. 44.

109.—SCREW MOUNT FROM THE SIDE STAND TO THE STRADDLE SEAT (Fig. 45). If the pupil makes a L-turn, stand near the end of the bar where he grasps the bar, and place your L hand under his L shoulder, your R hand grasping his R lower arm (Fig. 45).

110.—HOCK CIRCLE from the inside to the outside round the R bar (from the cross rest) to the straddle seat (Fig. 46). The pupil places his R leg over the R bar, and both hands come on to the R bar (R ordinary, L reversed grasp, arms crossed) as the R hock comes from above on to the R bar, he then drops between the bars and describes a hock circle round the R bar, and comes to the straddle seat across both bars. S F P with your side turned towards the bar; as soon as your pupil is under the bar, place your R hand on his shoulders and help him up into the rest (Fig. 46).

111.—CIRCLE BACKWARDS OVER THE OFF BAR TO LEANING REST ACROSS BOTH BARS. The pupil places his arms UNDER the near bar and grasps the off bar with both hands, then circles the off bar (similar to a circle to the rest on the Horizontal Bar). The leader stands outside the off bar (*i.e.*, the bar which is grasped by the pupil), and helps the pupil by placing one hand under his legs and the other under his shoulders (see Fig. 22, Horizontal Bar). If the pupil circles BOTH BARS to the ground again (Fig. 47), similar assistance is given, but stand BETWEEN THE BARS and place your L arm under your pupil's legs (if you are on his R side) as soon as they are above the bar, and place your R hand under his shoulder the moment he starts circling the off bar (Fig. 47).



112.—FROM THE FRONT LEANING REST SINK TO THE HAMMOCK HANG (P. 122). S L S of bar, support the pupil's weight by placing your R arm under his chest, and with your L hand grasp his L wrist.

113.—From the inside side seat, BEND THE BODY BACK TO A HORIZONTAL POSITION UNTIL LEVEL WITH THE BARS, the toes placed under the off bar, the LEGS TO BE KEPT RIGIDLY STIFF (P. 123). Place one hand on your pupil's back, and let his body come down slowly, and should he bend his knees, press them down.

114.—For the BACK-UP from the upper arm hang little other assistance can be given than to assist the swing of the body as it rises in the rear by pressing with one hand under the pupil's leg.

115.—WHEN A $\frac{1}{2}$ -TURN FROM THE CROSS REST is practised, the principal point to be borne in mind is to prevent your pupil from slipping between the bars through his missing his grasp after having made the turn. Little other help can be given than to catch your pupil by his chest and back the moment he has made the turn.

RINGS.

EXERCISES WITH THE RINGS STATIONARY.

GENERAL RULE.—All exercises in the rest, hang, leaning hang or leaning rest are greatly facilitated, and the danger of the pupil slipping off is minimized, by the leader grasping one, or, if possible, both rings, so as to avoid the rings swinging about or slipping from under the pupil, should he, however, fall forward from the rest, place one hand quickly under your pupil's chest.

116.—In coming to the front leaning hang (face downward) or while in the front leaning rest, support the weight of the pupil's body by placing one hand under his chest and one hand on one of the rings, in order to prevent their swinging about. (P. 224/227).

117.—Similar assistance is given when the pupil is in the BACK LEANING HANG OR REST, when one hand should be UNDER HIS BACK and one hand grasping one ring. (P. 222).

118.—IN THE LEANING HANG CIRCLE THE BODY TO THE LEFT. This movement is made from the hips, the feet remaining firmly on the ground. S R S of pupil, and hold the ring, grasped by the pupil's R hand, with your own R hand, the other hand should prevent the pupil's body turning round.

119.—If, while in the BENT ARM HANG one arm is to be extended forward or sideways, stand on that side of the pupil where his arm remains bent, and grasp that arm with one hand and place the other hand under his shoulder.

120.—The same assistance is applied when one hand releases its grasp while the other arm remains bent, or if one hand is cut away by one leg, the hand immediately regrasping the ring.

121.—If the arms are to be EXTENDED momentarily sideways or forward while in the bent arm hang, or if the hands change their grasp from the ordinary to the reversed grasp, or *vice versa*, stand behind the pupil and hold him by the hips with both your hands.

122.—PRESS UP TO THE REST. With beginners stand in front of your pupil, grasp him by both his hips and lift him up to the rest; with more advanced gymnasts stand on one side, grasp one thigh, and with the other hand hold one ring.

123.—UPSTART. S L S of your pupil, grasp his L arm under the shoulder with your R hand and with your L hand steady the L ring.

124.—SWING THE LEGS WHILE IN THE REST. Grasp one of your pupil's upper arm and the other hand must steady the rings. Should he fall forward place your hand quickly under his chest, or, if he falls back, under his back.

125.—SWING TO THE BENT ARM OR STRAIGHT ARM HAND STAND This exercise should first be practised with the legs straddling and the feet pressing against the ropes. Stand facing, but slightly to the R of your pupil, hold the ring grasped by the R hand of your pupil with your L hand, and press against his R shoulder with your R hand (compare

Fig. 27 on Parallel Bars). See that the body does not come over forward with a rush if your pupil over-balances himself, or that he does not fall over backwards, by checking the swing of his body, and keep the ring steady.

126.—From the leaning hang on L hock RISE IN L HOCK (over L arm, P. 231) to the rest with L leg outside L arm. S R S, grasp and steady the ring, which is held by the pupil's R hand, with your R hand, and place your L hand under his upper arm, or assist the swing of his R leg to the rear, so as to help his body up to the rest.

127.—When the HOCK CIRCLE BACKWARDS is made, you must render assistance at the shoulder. Compare notes *re* hock circles on the horizontal bar on page 162. Always pay attention to the steadyng of the ring on which the leg is NOT resting, *i.e.*, the one grasped only by the hand of the pupil.

128.—CIRCLE OR TURN OVER BACKWARDS TO THE HANG (P. 232). S R S of pupil, grasp his R arm with your L hand, and place your R arm under his legs. As soon as the legs are lowered behind, place your R hand under his chest, and prevent the legs from coming down with a rush, which may cause the pupil to dislocate at the shoulders (Fig. 49). If the turn over backwards is to be followed by a DISLOCATION AT THE SHOULDERS, grasp the legs of the pupil with one hand, in order to prevent the sudden dropping of the legs and consequent jerk of the body.

129.—When TURNING OVER OR CIRCLING FORWARD (P. 235) pay special attention that your pupil does not dislocate at the shoulders, he thus coming to the back hang, and in order to do this stand on one side of the pupil and grasp him with both hands just above his hips (Fig. 49).

130.—THE CIRCLE BACK TO THE REST requires careful watching by the leader, as the inexperienced pupil easily slips off or overbalances himself in the rest if he has too much swing. S R S, place your R hand under his chest the moment he has completed the first half of the circle, and with the L hand steady the swing of his body by grasping his R leg with your L hand (Fig. 50).

131.—When the circle backwards is to be performed FROM THE REST TO THE REST, or if a HOCK CIRCLE BACKWARDS from the hang (*i.e.*, with one leg placed over one ring, compare horizontal bar, Fig. 5) is made, the same assistance applies.

132.—Special attention must be given when the CIRCLE BACKWARDS is practised TO THE HANDSTAND OR BENT ARM HANDSTAND (see Fig. 51), the pupil being apt to overbalance himself forward or backward, and thus come down with a rush; should the former case happen, place one hand quickly under his shoulder or on his back, or in the latter case place one hand quickly behind his thigh, endeavouring in each case to check the swing of his body which comes down with a rush; one hand should steady one of the rings.

133.—HALF-CIRCLE BACK FROM THE HANG AND STRADDLE OFF BACKWARDS (Fig. 52). It is advisable to have two leaders (*i.e.*, one on each side) for this exercise, if your pupil is a heavy or clumsy man. Grasp your pupil firmly with both hands (combined grasp) on his upper arm, the moment he has completed the first half of the circle backwards, and hold him as he drops to the ground, or place one arm under his chest as the legs cut away the rings, the other arm placed behind his back to prevent the pupil from falling over backwards. The exercise must be executed quickly, and the hands must release their grasp quickly or else the pupil will fall on his face (Fig. 52). It is easiest to do this exercise from the BENT ARM hang.

134.—BRING BOTH LEGS OVER THE FACE (*i.e.*, $\frac{3}{4}$ -circle backwards), OPEN THEM AND STRADDLE OFF FORWARD. Stand behind your pupil, and support his weight by placing both your hands on his back (see Fig. 53). Let the pupil bring his legs well over his face, and then, as the legs are to straddle forward, he must throw the head and the weight of the body forward, keeping bent at the hips.

135.—For the HAMMOCK HANG FROM THE LEANING HANG the pupil grasps only one ring with both hands, and one or both feet are placed in the other ring (Fig. 54). While the feet are being placed in the ring, hold both the rings, and as the pupil makes a $\frac{1}{2}$ -turn to the hammock hang, place one hand under his chest, retaining however the grasp of the ring wherein the feet are resting ; after the turn is made, grasp his hands with one hand, and place the other arm under his chest (Fig. 54).

136.—If from this position the pupil is to PRESS UP TO THE LEANING REST (*i.e.*, ABOVE the rings), assist as shown in Fig. 19 on Horizontal Bar.

137.—The same assistance applies when the NEST or HAMMOCK HANG with one foot and one hand in each ring or on the ropes is practised (P. 234), compare Fig. 2 Horizontal Bar.

138.—The same assistance as described in Exercise 128 applies when the pupil turns over to the BACK LEVER (P. 233), compare also Horizontal Bar, Fig. 19.

139.—For the SIDE LEVER on the R arm, stand near the arm which retains its grasp (*i.e.*, the R arm), grasp it with your R hand and the L hand supports the weight of the body, and checks the swing of the legs by placing the L arm under the pupil's R thigh (Fig. 48).

SWINGING EXERCISES.

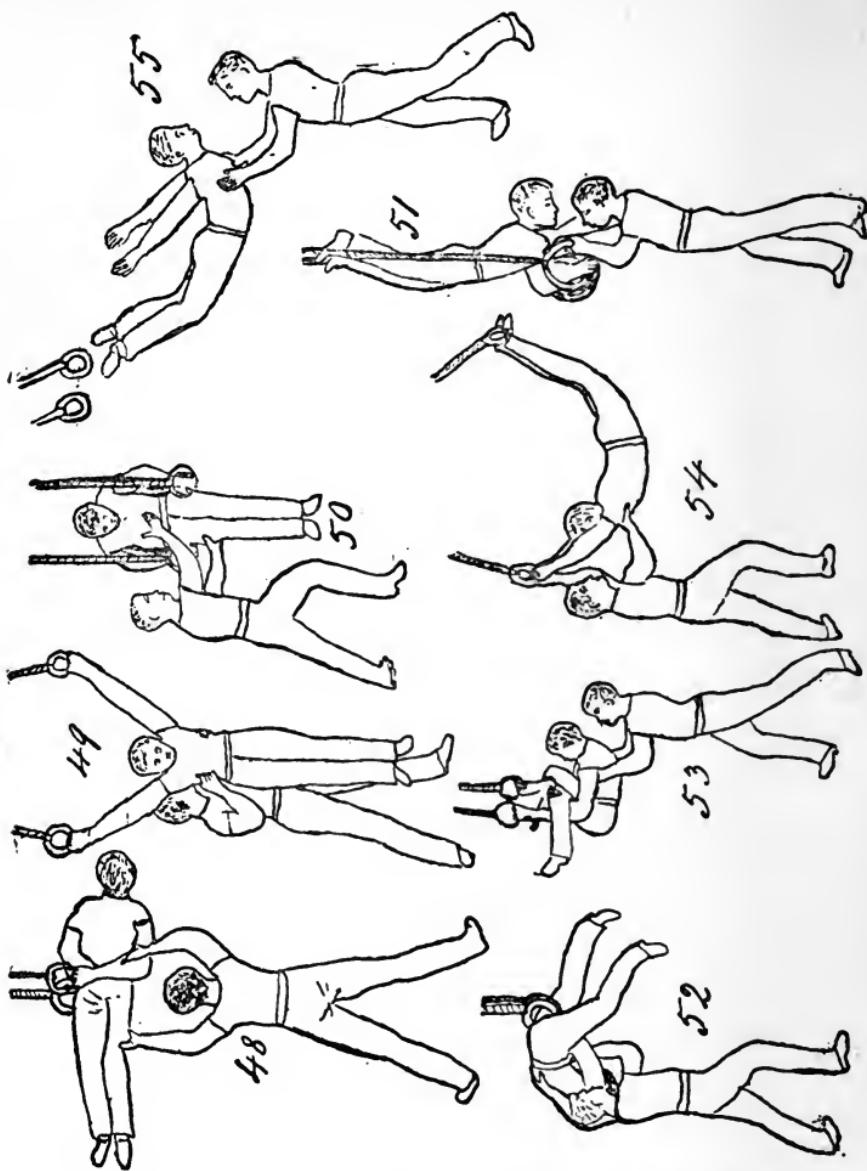
Only experienced pupils, *i.e.*, such as have already gained a fair amount of knowledge of exercises on the stationary rings, and who are fairly strong, should be allowed to practise swinging exercises on the rings, as it is exceedingly difficult for the leader to catch his pupil should he slip or fall, because he cannot retain his grasp of the pupil throughout the exercises, for in attempting to do so he would check or stop the swing. All the leader can do is to render assistance occasionally by a pressure of the hand at a given opportune moment, or to catch the pupil should he fail, therefore a constantly watchful eye must be kept on the pupil, and where necessary he should follow up his swing.

140.—DISMOUNT AT THE END OF THE BACK SWING. Do not let the beginner take too much swing. Stand a yard or two behind the pupil at the spot where he is supposed to drop off on to the ground. If he releases his grasp too soon, he will fall on his back, but if he releases the grasp too late, he will fall on his face ; in the former case you must therefore support him by the back, and in the latter case hold your arm under his chest. If the pupil swings his legs TOO HIGH TO THE REAR at the end of the back swing, he will fly a long way to the rear, and come on his face if the leader does not follow him up quickly and catches him round the waist. The swing can easily be checked, and the body will alight steadier if the pupil's arms are slightly bent before releasing the grasp of the rings.

141.—For the dismount AT THE END OF THE FRONT SWING the same assistance is given as described for the UNDER SWING ON THE HORIZONTAL BAR (see Fig. 13). Follow your pupil well up in the front swing.

142.—While swinging BRING THE LEGS OVER THE FACE ON THE BACK SWING AND THROW THEM UP FORWARD ON THE END OF THE FRONT SWING (which is the most effective mode of obtaining a good swing) ; see that the pupil does not overbalance himself backwards and thus come to the back hang, or, worse still, dislocates at the shoulders and thereby jerks his hands off the rings ; or that he does not let the legs drop with a jerk at the end of the front swing ; he should bend his arms slightly in doing this. In either case be prepared to catch him round the waist.

143.—If while swinging the grasp of ONE HAND IS TO BE RELEASED, the pupil's arms should be bent, or else he is apt to slip off, and fall on the side where the hand released its grasp. The leader can give little other help than by standing under the rings, and if the pupil's L hand is released, S L S, grasping with L hand the arm which has released its grasp, *i.e.*, L arm, and the R arm is placed under the pupil's L side or round his waist.



144.—CUTTING AWAY FORWARD THE R HAND WITH R LEG WHILE SWINGING, *i.e.*, straddling forward, and re-grasping the R ring, requires assistance at that point of the swing where the R leg cuts away the R ring. S L S of the pupil, *i.e.*, where he retains his grasp, and at that point of the swing where you have previously indicated to him to straddle forward, and grasp momentarily his arm which has a hold of the ring.

145.—HOCK CIRCLE TO THE REST IN ONE HOCK. Only a slight touch is required of that leg which hangs down free, in order to get the weight of the pupil's body above the rings, compare Fig. 4, Horizontal Bar.

146.—The same assistance practically applies for the BACK-UP AND UPSTART TO THE REST, the pressure on the thighs of the pupil being applied at the end of the swing as the body is being pressed up to the rest, the leader at the same time following the pupil's swing for some steps, and be

prepared to hold him should he over balance himself, or slip through to the back hang.

147.—For the CIRCLE TO THE REST AT THE END OF THE FRONT OR BACK SWING, stand at that spot where the end of the swing is attained, and help as described under Exercises 130 and 132 (Figs. 50 and 51).

148.—In CIRCLING BACKWARDS TO THE BACK HANG (Figs. 50 and 51), or IN DISLOCATING (Fig. 49), or in RAISING AND STRADDLING THE LEGS OUTSIDE THE ARMS, and STRADDLING BACKWARDS AT THE END OF THE FRONTSWING (Fig. 52), also in bringing the legs over the face between the arms and STRADDLING FORWARD AT THE END OF THE BACK SWING (Fig. 53, and compare Fig. 32 on Parallel Bars), practically the same assistance is rendered as described for these movements with the rings stationary.

149.—If the grasp is to be released at the END OF THE FRONT SWING, WHILE THE BODY IS IN THE HAMMOCK OR NEST HANG (Fig. 55), the pupil must be told to release the grasp of the hands and feet SIMULTANEOUSLY, and to take very little swing until quite sure of the exercise. The leader stands facing his pupil at that spot where the pupil is to drop off at the end of his front swing, and catches him round the waist or under the arms (Fig. 55).

150.—SWINGING WHILE IN THE REST is a fairly difficult exercise, and requires careful watching of beginners. It is facilitated by the pupil pressing the ropes against the shoulders or arms, and placing the hands BEHIND the body ; but if swinging in the FREE REST, the pupil is apt to overbalance himself forward, and if this happens, the best thing he can do is to jump off forward, or failing this, the leader who stands under the rings must catch him round the waist.

BUCK.

I.—VAULTS ON TO AND OVER THE BUCK PLACED LONGWAYS.

151.—STRADDLE ON TO THE RIDING SEAT on the Buck (P. 19), and STRADDLE OFF FORWARD (P. 24-25). The first part of the exercise (*i.e.*, the mount) requires little help except that the leader must see :—
(i.) that the beginner does not overbalance himself forward, in which case place one hand in front of his chest ; *(ii.)* that he does not drop off backwards on to the spring-board, through not jumping up high enough or not releasing his grasp quickly enough, in which case grasp one of his upper arms. The leader should stand slightly sideways on the far side of the buck, facing his pupil, and grasp one of his upper arms with both hands (as shown in Fig. 33 of Parallel Bars), and see that your pupil does not retain the grasp of his hands too long as the legs straddle, or else his head will shoot forward and he will sit a second time on the far end of the Buck and fall off forward ; the hands should come off as the legs swing up for the straddle.

152.—JUMP TO THE KNEELING POSITION on the Buck (P. 23) and JUMP OFF FORWARD. Beginners are very apt to catch with their toes as they jump off forward and thus fall on their face, or they fall forward as they jump up to the kneeling position ; it is therefore advisable to have two leaders standing a full pace behind, but slightly sideways of the Buck, and let them join their hands (as shown in Fig. 57) so that if the pupil falls forward he has the linked arms to support his weight on. If only one leader stands behind the Buck he must catch his pupil by placing one arm in front of his chest or round his waist.

153.—JUMP TO THE SQUATTING STAND OR ERECT POSITION ON THE BUCK (P. 27), AND JUMP OFF FORWARD. The same warning applies here as for Exercises 151 and 152. Stand behind the Buck facing your pupil, but slightly sideways, should he fall forward place one hand under his chest. For beginners get someone to stand in front of the Buck and,

should he fall back, grasp one of his arms firmly with both hands (compare Fig. 58 on the Horse).

154.—STRADDLE OVER THE BUCK (P. 24 and 25). Stand about a pace behind, but slightly sideways of the Buck, so that your pupil's legs can pass clear of your body in straddling. Place one arm in front of his chest, or press one hand against his chest as his body comes over, while the other arm must be prepared to catch him should he fall back; and in the case of beginners and weakly fellows, grasp one of your pupil's arms with one hand; but better still, have two leaders (one on each side of the Buck) standing behind the Buck when beginners practise this exercise. Avoid standing right in front of your pupil, *i.e.*, in a direct line in which he is travelling, as this is likely to make him nervous and spoil his vault for fear of his coming on top of you (compare Fig. 56 on the Horse).

155.—The same assistance applies for the SQUATTING VAULT OVER THE BUCK.

156.—STRADDLE OVER THE BUCK WITH A $\frac{1}{4}$ OR $\frac{1}{2}$ -TURN (round the vertical axis). The leader should always stand on the R side of and behind the Buck if the pupil makes a L-turn, as his body will in that case, should he fall, generally fall over towards its L side after the vault, *i.e.*, towards the R side of the Buck, so that the leader must stand there and give his pupil a push on the back to prevent his falling over. If a R-turn is to be made, the leader stands on the L side behind the Buck.

156A.—The same assistance applies when a BACK STRADDLE or BACK SHEARS (compare P. Fig. 60) are made over the buck, *i.e.*, the legs crossed in vaulting. This requires careful watching on the part of the leader.

157.—For the SHEARS FORWARD (compare P. Fig. 18) over the Buck the same assistance can be given as described for the straddle, Exercise 154, but it is advisable that some one should stand in front of the Buck (near the spring board) to catch the pupil should he touch with his feet and fall backwards (compare Fig. 59 on the Horse).

For all other vaults over the Buck, such as flank, front, rear, screw, fencing, thief and pike vaults, or somersaults, see notes on the Horse.

HORSE.

HORSE (WITH POMMELS) PLACED SIDEWAYS.

158.—The assistance to be rendered for the JUMP TO THE KNEELING, SQUATTING OR STANDING (P. 30-32) POSITION ON THE SADDLE, CROUP OR NECK is the same on the Horse as on the Buck (see Exercises 152-153), as is also the assistance for the STRADDLE AND SQUAT OVER THE SADDLE (P. 36), see Exercises 154-156.

159.—For the FLANK VAULT (Fig. 60) the leader stands behind the Horse, to the L side of the pupil, if the vault is to be executed to the R, and grasps his L arm with one or both hands (see Fig. 60).

160.—FRONT VAULT R (Fig. 61). Stand behind Horse, as in Exercise 159, grasp your pupil's R upper arm with your L hand, and place your R hand under his chest (Fig. 61).

161.—In making a DOUBLE FRONT VAULT over the S and N, stand in front of and facing the Horse to the L of the board, grasp your pupil's L arm with your R hand the moment he jumps up for the front vault over the S, and place your L hand quickly under his chest, at the same time make a $\frac{1}{4}$ -L turn (*i.e.*, simultaneously with his L turn) and step back on to the board. Pull the weight of your pupil slightly TOWARDS you.

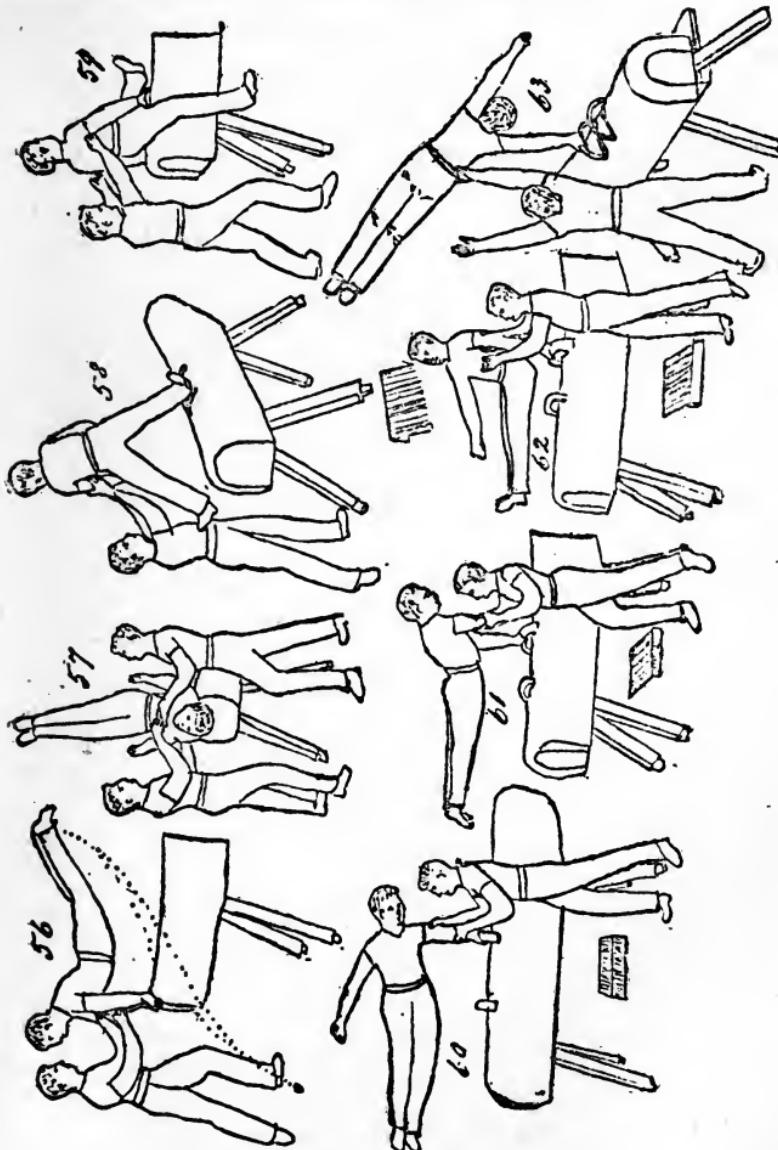
162.—Practically the same assistance applies when a DOUBLE FLANK VAULT is made over the S and N.

163.—If a SCREW MOUNT (P. 39) or SCREW VAULT is to be made over the Cr., *i.e.*, with a $\frac{1}{4}$ -L turn of the body round the R arm, the leader places himself behind the Horse, close to the Cr. pommel, with his R side turned towards the S, and grasps with his R hand the pupil's R arm under

the armpit, the L hand steadyng his body as it comes over (compare also assistance for the high front vault, Fig. 63).

164.—Similar assistance is given if a screw mount is to be made from the BACK REST in S (facing the board) to the riding seat on N, i.e., with R-turn and the L leg circling forward (P. 42 shows this movement reversed.)

165.—In making a HIGH FRONT VAULT with a $\frac{1}{4}$ outward turn or wheel (Fig. 63), the leader must stand behind the Horse with his R side turned towards the S, if his pupil is to make a wheel with a L turn (i.e., if he pivots on his R arm, which must be kept rigidly stiff) and grasp him by the hips as soon as you can reach your pupil (Fig. 63).



166.—REAR VAULT OVER CROUP (Fig. 62). The leader should stand near the N pommel behind the Horse, grasp the pupil's L arm with his R hand, the L hand being placed on his chest (Fig 62).

167.—If the above rear vault is TO BE FOLLOWED BY A $\frac{1}{2}$ OR $\frac{3}{4}$ INSIDE, *i.e.*, R TURN, the leader must stand behind and facing the Horse, but further away from the Horse than for the ordinary rear vault; he must prevent the pupil from falling backwards after the completion of the vault by giving him a slight push against his R side or his back, *i.e.*, that part of the body turned towards the leader.

168.—With R hand on N pommel and L hand on N, REAR VAULT OVER THE NECK and REAR MOUNT TO RIDING SEAT IN THE SADDLE. Stand in front of and facing the Horse on the board on the R side of your pupil, grasp his R arm with both hands (the R hand under his R armpit), and thus support his weight, if necessary, during the rear vault over the N. The leader must, of course, make a R turn simultaneously with his pupil, and must, at the same time, step sideways to the L, or else he will be in the way of the pupil. In doing this rear vault over the N the pupil must not bring his L hand back on to the N, but lean well over to the R side, and pivot round the R arm, which must remain rigidly stiff.

169.—The same assistance and notes apply when a DOUBLE REAR VAULT, *i.e.*, over the N and S or S and Cr. is made, or when a FENCING VAULT over the N and rear mount in S is made, but in this case the leader must not step on to the board (from the R side) until the pupil has jumped off his L foot.

170.—When the TRIPLE REAR VAULT over the S and Cr., *i.e.*, $\frac{3}{4}$ -R circle of both legs in $\frac{1}{2}$ lever over S and Cr. is performed, the leader must stand behind, and almost at the end of the Cr., with his L side turned towards the Horse, ready to catch the pupil round his waist, or give him a push on his back, should he catch with his legs or feet through breaking down in the arms, and thus fall backwards.

171.—For the SOMERSAULT (P. 49) see description of the aid to this movement under Parallel Bars and Fig. 27

172.—SQUAT AND STRADDLE OFF FROM THE HANDSTAND. The same assistance applies as described on the Horizontal Bar for these movements (compare Fig. 26).

173.—For the THIEF VAULT (P. 46) stand facing the Horse, sideways of the board and step quickly behind your pupil as he jumps off the board so as to catch him should he fall backwards through catching his toes in the Horse. A slight push on his back will generally suffice to get him over.

174.—When the PIKE or FISH VAULT (P. 51) is practised a STRONG AND HEAVY man should stand a full pace behind the Horse facing the S, as a heavy man coming full tilt on top of a light leader is almost sure to upset him. The leader must bend one leg (*i.e.*, the one which steps forward) and lean his body forward slightly, his arms extended and raised at height of shoulder ready to catch his pupil at the hips or under the arms, the moment the pupil places his hands on the leader's shoulders or upper arms; at the same time the leader must step back slightly so as to allow the pupil's legs to clear the Horse in their descent, and also in order to break the shock of the weight coming down on him. If a very springy board is used the leader will have to stand further away than if an ordinary jumping board is used, as the jumper will shoot up higher and further forward. It is safest to have an additional man standing behind the leader.

175.—The help for STRADDLING AND SQUATTING VAULTS over the Horse sideways is the same as that described on the Buck (see Exercise 154-156). The remarks made under Pike vault *re* spring boards applies equally here.

Before proceeding to the more advanced exercises on the Horse placed lengthways we will give a few hints to the leaders as regards EXERCISES WHILE IN THE REST, for which little assistance on the part of the leader is either possible or necessary. Briefly, he must remember not to get into the way of the legs circling and endeavour to assist the pupil in maintaining his balance and supporting his weight.

176.—In performing LEG CIRCLES, (P. 37, 38, 41, 42, 43,) either with one or both legs, see that your pupil keeps his legs and arms rigidly stiff, and see that he shifts the weight of his body well from one side to the other, at the same time keeping the weight well over the centre of the Horse, and replaces each hand in turn as quickly as possible as soon as the leg or legs have passed the hand. While the L hand is raised to allow the L or R leg to pass, lean well over to the R side, and *vice versa*, and keep the shoulders perfectly square, *i.e.*, do not turn the body to the L or R side. Pupils with weakly arms, or beginners, you will have to assist by standing on the board behind the pupil, and supporting them by the wrist or arm on which the weight of the body rests, while the leg or legs circle.

177.—SIDE SHEARS from the riding rest, *i.e.*, swing the legs sideways and cross the legs, cutting away one hand. Stand behind the Horse facing the pupil and grasp that arm with both hands which retains its grasp. (P. 61).

178.—For the FEINT (P. 47) with one or both legs, and FLANK, FRONT or REAR MOUNT or VAULT, stand behind the Horse facing your pupil, and near the arm which retains its grasp, *i.e.*, if after a feint with R leg over the Cr. a flank vault over the S or N is to be made, grasp his R arm with both hands the moment the R leg has swung back again over the Cr. If the feint R is followed by a REAR VAULT over the S or N, you can place your L hand on his R arm and the R hand under his back as he does the rear vault; and if followed by a FRONT VAULT, place your R hand under his chest. Of course you must stand clear of the leg which feints as it swings forward and backwards, but as soon as the feint is completed grasp the pupil's arm.

179.—If, after the feint over the Cr. with the R leg, a FEINT OF BOTH LEGS OVER THE NECK is to be made (*i.e.*, a double feint) you must stand behind the Horse and grasp BOTH your pupil's upper arms as he does the double feint, and pull his weight slightly over towards you.

180.—In making a SCREW FEINT (*i.e.*, a $\frac{1}{2}$ -turn backwards of the body round its vertical axis while the hands retain their grasp, and one leg circling back at the same time to feint over the Horse, compare P. Fig. 39, but the L hand retaining its grasp of the N pommel), you must see that your pupil does not overbalance himself, by standing behind the Horse and supporting him by the shoulders or upper arms.

HORSE (WITHOUT POMMELS) PLACED LENGTHWAYS.

181.—CIRCLE R OF L LEG OVER THE CROUP, COMING OFF TO THE R SIDE OF THE HORSE (*i.e.*, straddle over Cr. and come off in the rear vault position, see Fig. 59, and P. 55). The leader must stand on the R side of the Cr., and as soon as his pupil has pushed off from the Cr., he must grasp with both hands his pupil's R upper arm, or grasp him from behind under his armpits (compare Fig. 59), but the leader must stand more ON THE R SIDE of the Horse, and NOT BEHIND the Cr., as shown in Fig. 59 (*i.e.*, Fig. 58 shows this on the L side of Horse).

182.—The same assistance practically applies for the REAR (P. 56), FLANK (P. 57), or FRONT VAULT R (P. 58) over the Cr., except that in doing the FRONT vault the leader has to place one hand under his pupil's CHEST, and let him place his R hand well towards the edge of the Cr. in making his vault.

183.—STRADDLE ON (over Cr.) to momentary free rest, and STRADDLE OFF BACKWARDS (compare Fig. 32 and note on Parallel Bars). Stand at the side of the board within a short pace of the Cr., and pay special attention to the last half of the exercise, *i.e.*, the straddle off backwards, as the pupil is apt to catch with his legs, or does not release his grasp quickly enough, and thus falls backwards. You must, therefore, step forward quickly a short pace towards the board and the Cr. immediately the straddle on is made, and be prepared to catch your pupil by his upper arms or his hips, or at least place your arm behind his back.

184.—Similar assistance is rendered when the pupil does a STRADDLE FORWARD TO THE MOMENTARY REST, SHEARS IN FRONT OF THE HANDS (P. 61) and IMMEDIATELY STRADDLE OFF FORWARD (compare Fig. 33 on Parallel Bars, in which case you must place your hands quickly under his shoulders or chest in the straddle off).

185.—When the FRONT MOUNT AND STRADDLE OR SHEARS OFF FORWARD (compare Fig. 34 on Parallel Bars and P. 58) is made, help as shown in Fig. 34 or Fig. 56.

NOTE.—Compare also the notes given under Parallel Bars with reference to straddle and shear movements, which in most instances apply equally to those exercises over the Cr. of the Horse.

186.—STRADDLE OBLIQUELY TO THE L OVER THE CR., with the board placed obliquely, as shown in Fig. 58. Stand a short pace from and on the L side of the Cr., and as soon as your pupil's legs straddle grasp his L upper arm with both hands, as shown in Fig. 58. This exercise requires careful watching, as the pupil is apt to catch one foot in straddling, with the inevitable result that he falls over on one side.

187.—JUMP TO THE RIDING REST ON NECK OR FRONT LEANING REST AND STRADDLE OFF (Fig. 56). The leader should stand slightly sideways at the end of the Horse and grasp with both hands one of his pupil's upper arms, at the same time stepping back as the straddle is made. See that your pupil places his hands well at the end of the Horse, and compare also notes for Exercise 154 on the Buck (Fig. 56).

188.—Similar assistance applies when FORWARD SHEARS OFF the N are to be made. Stand a little sideways of the N in the direction in which the turn is to be made, as the pupil, if he falls, will generally fall over in that direction in which he turns (compare notes for Exercise 157 on the Buck).

189.—STRADDLE ON TO THE RIDING SEAT ON THE NECK, SHEARS BEHIND THE HANDS (P. 60), AND IMMEDIATELY STRADDLE OFF BACKWARDS. Stand behind the Horse, not too close to the N, and catch your pupil by his hips, or under his arms, as he does the back straddle (compare Fig. 32 on Parallel Bars, or Fig. 59).

190.—HEAD STAND AND ROLL OVER FORWARDS (P. 62) to the riding seat or to the ground. Stand on one side of the Horse and prevent the body of your pupil from rolling over on to the one or the other side by directing the course of his legs, see also that he comes over with bent back (*i.e.*, bent at the hips) NOT WITH HOLLOW BACK; should he, however, by accident come over with hollow back, check the swing of his body by grasping quickly one of his legs.

191.—JUMP TO THE SHOULDER STAND ON L SHOULDER AND ROLL OVER OBLIQUELY TO THE R SIDE OF THE HORSE (*i.e.*, bear roll R). Stand on the R side of the Horse and grasp your pupil's R shoulder with your L hand, the R hand supporting him on the back and the thighs.

192.—ROLL OVER BACKWARDS AT THE END OF THE HORSE. Two men should stand for this exercise as shown in Fig. 57, as the pupil is apt to slip off on one side. The leaders stand on each side of the N and join hands, with the other free hand they each grasp one of the pupil's arms, who rolls over their linked arms placed in front of his chest. With advanced gymnasts one man will be sufficient, who will have to prevent his pupil from falling over backwards after rolling over by pressing against his back.

193.—STRADDLE OVER THE HORSE (*i.e.*, long-fly). Stand at the N end and about one pace from the Horse, facing your pupil, with arms held at height of your shoulders, and catch your pupil by his shoulders as he straddles over the N (compare Fig. 56).

194.—The same assistance is rendered for the SQUATTING and SHEEP VAULT over N.

195.—For the BACK SHEARS or BACK STRADDLE over the N stand as described under Exercise 189.

196.—For the SOMERSAULT over the N two men should stand at either side of the N and catch their pupil by his arms and shoulders, as shown in Fig. 27 on Parallel Bars.

In conclusion we would mention that with regard to a COMBINATION OF EXERCISES it is naturally very difficult to assist the pupil, but if the leader is told beforehand what his pupil intends doing, he can generally be of some assistance when the difficult or dangerous part of an exercise is reached, and must, of course, watch the movements carefully throughout. However, as such combined advanced exercises are generally only attempted by more or less advanced gymnasts who have previously practised the component parts, they do not require so much looking after, and an excessive attention to their little slips is often embarrassing to the performers. As a general rule, it may be said that a gymnast generally falls at the beginning or end of an exercise, *i.e.*, at the mount or dismount.

On the TABLE many of the exercises described on the Horse can be executed, as, for instance, exercise 158/160, 163, 165/167, 171/175, 186/187, 190, 192/194. The assistance to be given on the Table is the same as described for those exercises on the Horse, but it is advisable to have one man standing in front and the other behind the Table.

For exercises in the hang on the LADDERS similar assistance is given as for the exercises in the hang on the Horizontal Bar.



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